

# LIVEWELL

Winter 2022



HENRY FORD  
WYANDOTTE 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.

## HELPING THE DOWNRIVER COMMUNITY



Building on its partnership with community emergency responders, Henry Ford Wyandotte Hospital has donated life-saving medical equipment to four fire departments in the Downriver area. The portable monitor/defibrillator devices provide basic and advanced life support for treating patients in cardiac distress. It also allows emergency responders to transmit a patient's heart activity in route to the hospital to expedite care when they arrive. This donation is key to providing the Downriver community with faster access to emergent cardiology care.

## EXPERT CARE **CLOSE TO HOME**



Henry Ford Health Center – Brownstown provides the Downriver and Brownstown Township communities, as well as southern Wayne and northern Monroe counties, with a wide array of patient-focused services to meet their healthcare needs. We offer an easy-access emergency room, full-service laboratory, quick-fill pharmacy, convenient radiology services, diagnostic sleep center, outpatient surgery and access to expert Henry Ford physicians and specialists. To learn more about our services or request an appointment, visit [HenryFord.com/Brownstown](https://www.henryford.com/Brownstown) or call (734) 287-9880.



## 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.



## DOUBLE HAND SURGERY PATIENT GETS HER GROOVE BACK

**90-YEAR-OLD STEPHANIE HARRISON HAS ALWAYS LIVED LIFE TO THE FULLEST.** She graduated from Wayne State University with a degree in education, worked for many years as a teacher, and then became a Detroit Board of Education truant officer. While in her 50s, the Detroit resident and mother of four also started running races, including three Detroit Free Press marathons and the Boston marathon, and won several half marathons in her age group.

And now, in her 90s, Stephanie is an award-winning horticulturist. During the colder months when she can't garden, she keeps busy as a seamstress. She has made several prom and wedding dresses for her granddaughters.

### **A PAINFUL INTERFERENCE**

When Stephanie first started feeling pain in her hands about two years ago, it became quite a hinderance.

"The pain began gradually," says Stephanie. "My children had carpal tunnel syndrome, and I learned it was hereditary, so I knew it must be that."

Stephanie's physician referred her to Dr. Charles Day, an orthopedic surgeon who specializes in hand and wrist care, and the executive vice chair of Henry Ford

Health System's orthopedic service line. Dr. Day diagnosed Stephanie with bilateral carpal tunnel syndrome with trigger ("snapping") fingers. She needed surgery on both hands.

"With carpal tunnel syndrome, the major nerve to the hand is getting squeezed," explains Dr. Day. "And when anything is getting squeezed, it's cutting off circulation."



Charles Day, M.D.

"As opposed to arthritis or tendonitis, where there's no consequence on waiting to have surgery, when the major nerve in the hand is lacking blood flow, the longer you wait to bring the blood flow back via surgery, the more irreversible nerve damage there is," says Dr. Day.

"At my age, I was initially hesitant about having surgery done," says Stephanie. "However, I knew my hands were getting bad and I felt very comfortable with Dr. Day."

### IMMEDIATE RELIEF AFTER SURGERY

Stephanie's first surgery was completed in July 2020 and her second was in October 2020. Both surgeries went perfectly, and she immediately felt relief and the pain that woke her up at night was gone.

Stephanie went to hand therapy for a little while but felt so comfortable with her hands after surgery that she didn't need to continue it for very long. She does, however, continue to exercise her hands to this day.

## LEADING THE WAY IN HAND AND WRIST TREATMENTS

Whether you're battling carpal tunnel like Stephanie, or have arthritis in your hands, our experts can help. Locally, we offer orthopedic hand and wrist specialists at Henry Ford Medical Center – Templin, located on Biddle Avenue just minutes from Henry Ford Wyandotte Hospital. Our nationally renowned specialists deliver leading-edge hand and wrist treatments using less invasive techniques to help you recover faster and lower your risk for complications. All of our surgeons are fellowship trained in addition to their orthopedic or plastic surgery training to provide you with the very best in orthopedic care. You're in good hands with Henry Ford. **Call (313) 916-3661 to make an appointment and get started on the path to becoming pain free. Visit [HenryFord.com/orthopedics](https://www.henryford.com/orthopedics) to learn more.**





## 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.

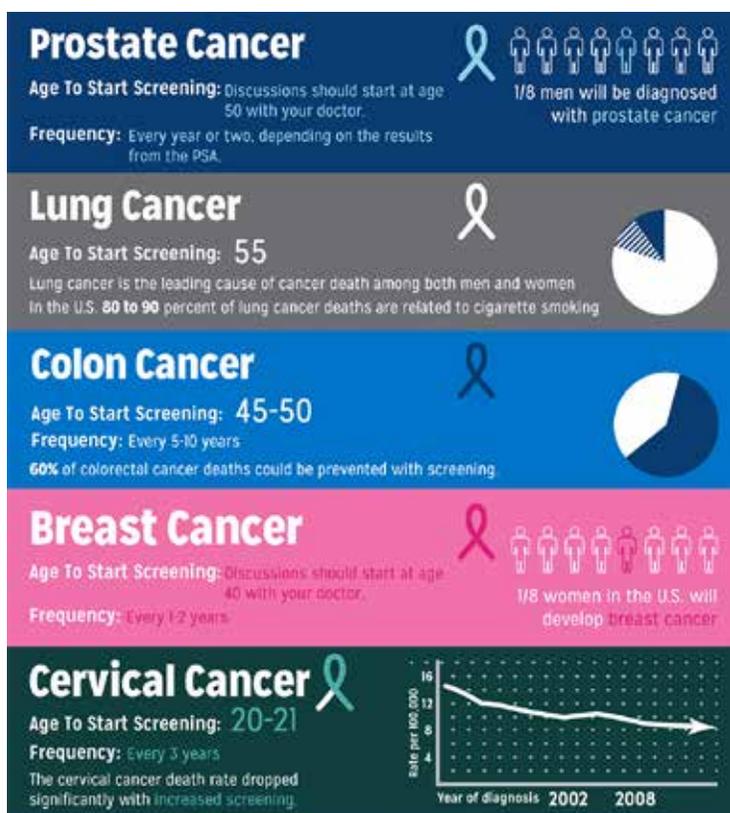
### ADDITIONAL RECOMMENDED SCREENINGS MAY INCLUDE:

- 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://www.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](http://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](mailto: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](http://HenryFord.com/TransVoice), call (248) 661-7241 or email [FindYourVoice@hfhs.org](mailto: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](mailto: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](http://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](mailto: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](http://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 where they will welcome their new baby. **Visit [HenryFord.com/ChildbirthTours](https://HenryFord.com/ChildbirthTours) for videos and photos to help familiarize you with our various Birthing Centers.**

*For more information, including additional classes, dates, time, pricing and to register, visit [HenryFord.com/Baby](https://HenryFord.com/Baby), call (734) 246-9601 or email [rlayne1@hfhs.org](mailto:rlayne1@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](https://HenryFord.com/Baby), call (248) 325-0037 or email [sarah.lavery@hfhs.org](mailto:sarah.lavery@hfhs.org) to register.**

## BARIATRIC SURGERY SEMINARS

If you are committed to achieving long-term weight loss and improved health, our experienced surgeons and team of professionals are ready to support you every step of the way. Program includes consultations with dietitians, exercise experts, and behavioral health professionals to help you through this life-changing decision. **Visit [HenryFord.com/Bariatrics](https://HenryFord.com/Bariatrics) for more information and 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](https://HenryFord.com/CancerSupport). Email [cancersupportinfo@hfhs.org](mailto:cancersupportinfo@hfhs.org) to get the login information for any of the groups.*



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The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor.

Henry Ford provides interpreters and other services for the deaf and hard of hearing.

**Call (313) 916-1896 to request assistance.**

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*All For*

# NOT DELAYING HEART CARE ANOTHER DAY

**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](http://HenryFord.com/HeartSmartQuiz)



**GET  
HEART  
SMART  
QUIZ**



**ALL FOR YOU**