



# LIVEWELL

FALL 2019

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- November 13: Diabetes Awareness Seminar
- November 21: Bereavement Support Group
- December 12: Bariatric Surgery Seminar



**HENRY FORD  
WYANDOTTE HOSPITAL**



## Introducing Our **NEW PRESIDENT**



IN MAY, HENRY FORD WYANDOTTE HOSPITAL WELCOMED JENNIFER ESLINGER, MBA, FACHE, AS ITS NEW PRESIDENT. Jennifer is from Georgia and brings more than two decades of progressive hospital leadership experience to the role, most recently serving as the President of Infirmity Health in Mobile, Alabama. Please join us in welcoming Jennifer to our community!



## HARVEST MOON BALL

JOIN US FOR THE 12TH ANNUAL HARVEST MOON BALL FEATURING A JAMES BOND THEME, from 6:30 to 11 p.m. Friday, Oct. 25 at MGM Grand Detroit. The evening includes cocktails, dinner, live entertainment provided by Chateau, silent auction and more. The annual event honors Henry Ford Wyandotte Hospital's continued commitment to providing exceptional health care services to the Downriver area, and also honors community members for their positive impact.

*For more information or to purchase tickets, visit [henryford.com/harvestmoon](http://henryford.com/harvestmoon) or call (313) 874-6349.*



## Free **WEIGHT LOSS SEMINAR**

BARIATRIC SURGERY CAN GIVE YOU A NEW OUTLOOK ON LIFE AS WELL AS LIFELONG BENEFITS. Join Dr. Bilal Kharbutli and staff from the Bariatric Surgery Center at a free seminar to discuss the latest weight loss options. Participants will learn about the types of bariatric surgery, pre- and postsurgical care, diet and exercise as well as how patients qualify for surgery.

*Free seminars will be from 6 to 7:30 p.m. on Thursday, Nov. 14 and Dec. 12 in the Multipurpose Rooms. To register, visit [henryford.com/bariatricseminar](http://henryford.com/bariatricseminar) or call (734) 285-7420.*



## QUIT TOBACCO AND IMPROVE YOUR HEART HEALTH

SMOKING IS A MAJOR RISK FACTOR FOR HEART DISEASE, WHICH IS WHY QUITTING TOBACCO IS ONE OF THE BEST THINGS YOU CAN DO FOR YOUR HEART HEALTH. The Tobacco Treatment Service available through the Henry Ford Wyandotte Virtual Health Program can help you become tobacco free by providing the support you need to overcome dependence.

### SUPPORTING YOU EVERY STEP OF THE WAY

Through the program, you'll learn how to prepare for quitting, deal with nicotine withdrawal, overcome cravings and most importantly, how to quit tobacco for good. The program is staffed by experienced tobacco cessation counselors who have completed specialized training in tobacco dependence treatment.

You meet initially at the Henry Ford Brownstown Center for Health Services. Then, you are connected with your tobacco treatment coach in virtual meetings that provide two-way, real-time interactive communication.

### RECOVERY FROM TOBACCO USE BEGINS AS SOON AS YOU QUIT

- **20 MINUTES:** Your heart rate and blood pressure drop.
- **8 HOURS:** The carbon monoxide level in your blood returns to normal.
- **2 WEEKS TO 3 MONTHS:** Your circulation improves and lung function increases.
- **1 TO 9 MONTHS:** Coughing, sinus congestion, shortness of breath and fatigue decrease.
- **1 YEAR:** Your risk of heart disease is cut in half.
- **5 YEARS:** Your risk of stroke is similar to people who have never smoked.
- **10 YEARS:** Your risk of lung cancer is about half that of a smoker.
- **15 YEARS:** Your risk of heart disease is the same as people who have never smoked.

*To learn more about the Tobacco Treatment Service at Henry Ford, call (888) 427-7587. For more information about the Henry Ford Wyandotte Virtual Health Program, call (734) 671-1510.*



## UNDERSTANDING YOUR BREAST CANCER RISK

WHETHER IT'S A LOCAL NEWS SEGMENT OR AN ARTICLE SHARED THROUGH SOCIAL MEDIA, THERE'S A LOT OF INFORMATION TO SIFT THROUGH SURROUNDING THE RISKS OF BREAST CANCER.

With so much content to digest, it can be difficult to determine how likely you are to experience a disease that affects 1 in 8 women at some point in their lives.

"It's important for every woman to know what she's up against regarding breast cancer," says Jessica Bensenhaver, M.D., director of the breast oncology program at the Henry Ford Cancer Institute.

### BREAST CANCER RISK FACTORS

- **OBESITY:** After menopause, those who are obese have a 20 to 40 percent increase in risk of developing breast cancer compared with normal-weight women.
- **ALCOHOL CONSUMPTION:** Consuming one alcoholic drink per day increases your chances of getting breast cancer by at least five percent, according to the American Cancer Institute for Cancer Research.
- **FAMILY HISTORY:** If your mother or sister has been diagnosed with breast cancer, you're at a higher risk.
- **GENETIC MUTATION:** BRCA1 and BRCA2 genes are known to be linked to breast cancer. If your cells contain these genes, you have an eight out of 10 chance of getting breast cancer in your lifetime.
- **RACE/ETHNICITY:** White Americans are more likely to get breast cancer, as opposed to African Americans. If you're younger than 45, though, African Americans are at a higher risk.



*Our goal is to really connect with each patient and treat the whole person, not just the disease."*

### HENRY FORD'S TEAM APPROACH TO BREAST CANCER CARE

If the diagnosis is breast cancer, Henry Ford's nationally recognized breast cancer surgeons, breast reconstructive surgeons, radiation oncologists, medical oncologists and radiologists will be with you every step of the way – from screening and diagnosis through treatment and recovery.

"Our team approach allows us to collaborate and develop the best possible treatment for your specific diagnosis," Dr. Bensenhaver says. "Our goal is to really connect with each patient and treat the whole person, not just the disease."

*For more information on breast cancer or to schedule a mammogram today, visit [HenryFord.com/BreastCancer](https://www.henryford.com/BreastCancer). To learn more about your risk factors, take our [Breast Cancer Risk Assessment quiz at HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk).*

## SPECIALIZED IMAGING AVAILABLE

All breasts are not the same. Dense breast tissue may need more imaging in addition to a mammogram. Automated Whole Breast Ultrasound (ABUS) System technology is now available at Henry Ford Health Center – Brownstown. ABUS technology is a noninvasive, radiation-free option that helps physicians look differently at dense breast tissue, which appears white on a mammogram and can mask a suspicious lump. Approximately 40 percent of women have extremely dense breast tissue and could face a higher risk of developing breast cancer.

*To learn more about whether Automated Whole Breast Ultrasound may be right for you, call (734) 246-9601.*



## 4 SIGNS YOU MAY BE AT RISK FOR DIABETES

**YOU MOST LIKELY KNOW SOMEONE WHO HAS DIABETES.** Across the country, more than 29 million people suffer from diabetes, yet one in four Americans don't know they have it.

Diabetes is caused by a resistance to insulin, the hormone that regulates your blood glucose levels. This resistance causes the level of sugar in your blood to increase and eventually become toxic. In some cases, diabetes can be prevented, so it's important to look out for potential warning signs:

- 1. YOU'RE URINATING A LOT.** The increased sugar in your blood needs to be released. The body has to either store the glucose, use it or urinate it out. As a result, your urination increases. This is often one of the earliest warning signs.
- 2. YOU'RE CRAVING SUGARY LIQUIDS.** With insulin resistance, the proper amount of sugar isn't getting to the organs, which causes them to work without sufficient nourishment. This can lead to cravings for sweet and sugary drinks so that the organs can get more energy quickly.

**3. YOU'RE GETTING A LOT OF INFECTIONS.** When sugar levels in the blood are too high, communication within the immune system is impaired, which can cause you to suffer through repeat infections or take longer to recover.

**4. YOU'RE EXPERIENCING BLURRY VISION.** If sugar reaches a certain level in the blood, blurry vision, or what feels like a cloud or a film over the eyes, may occur. Permanent sight loss is a complication that can occur after years of having the disease.

Having any of these symptoms doesn't guarantee you have diabetes. Warning signs can become present as early as five years before any diagnosis is made, or they may be an indication of another health issue.

The good news is that there are ways to potentially reverse these symptoms and prevent the onset of diabetes. One way is to reduce the consumption of sugary drinks. Being overweight is correlated with type 2 diabetes, so losing weight also may help you prevent diabetes.

*If you have any of these symptoms, speak with your doctor – especially if you are over age 45. Visit [HenryFord.com](http://HenryFord.com) or call 1-800-HENRYFORD (436-7936) for more information and to request an appointment with a Henry Ford physician.*



## DIABETES AWARENESS SEMINAR

Do you or someone you know have diabetes? If not managed properly, diabetes can lead to serious complications including heart and kidney disease, stroke and glaucoma. Henry Ford Wyandotte Hospital is dedicated to providing high-quality care for diabetes and its complications. Our team of experts gives you the comprehensive care and support you need to live your life to the fullest. If you are interested in learning more about risk, prevention and management of the disease, join us for a free Diabetes Awareness Seminar on Wednesday, Nov. 13 from 6 to 7 p.m. in the Multipurpose Rooms at Henry Ford Wyandotte Hospital.

*Registration is required by calling (734) 246-6057.*



## Calendar of EVENTS

### Flu Shots for Adults

Walk-in flu shots are offered during normal business hours in the fall (while supplies last).

Henry Ford Wyandotte Hospital and Henry Ford Health Center – Brownstown

*\$25 (cost is covered by Medicare and HAP). Please bring your insurance card and driver's license. Call the Flu Hotline at (734) 246-9822 for details.*

### Free Blood Pressure Screenings

**WEDNESDAYS: OCT. 9, NOV. 13 & DEC. 11**  
11 A.M. – 2 P.M.

Main Lobby, Henry Ford Wyandotte Hospital

**MONDAYS: OCT. 14, NOV. 11 & DEC. 9**  
8 – 10 A.M.

Lobby, Henry Ford Health Center – Brownstown  
*Free, no appointment necessary.*

### \$10 Cholesterol Screenings – Total and HDL

No appointment necessary.

**WEDNESDAYS: OCT. 9, NOV. 13 & DEC. 11**  
12 – 2 P.M.

Main Lobby, Henry Ford Wyandotte Hospital

### Medication Take Back Day

Turn in your expired or unused medications for safe disposal during a Medication Take Back Day at Henry Ford Wyandotte Hospital. Any medications (pills) used by people or pets will be accepted. Liquids, needles and sharps will not be accepted.

**SATURDAY, OCT. 26**  
10 A.M. – 2 P.M.

Henry Ford Wyandotte Hospital

*Free (open to all Downriver residents). Call (734) 246-6057 for more information.*

### Stand Steady Seminars

Learn the impact of falls, how to make yourself and your home safe, and simple exercises to do at home during these free fall prevention seminars.

**THURSDAYS: OCT. 24 & NOV. 7**  
4:30 – 6:30 P.M.

Multipurpose Room A  
Henry Ford Wyandotte Hospital

*Visit [HenryFord.com/StandSteady](http://HenryFord.com/StandSteady) or call (734) 284-4499 to register.*

### Caregiver Support Group

A free support group is available for anyone who provides care for a loved one and is interested in support, information and connections with local resources.

**THE THIRD THURSDAY OF EVERY MONTH**  
6 P.M.

Cardiovascular Outpatient Classroom  
Henry Ford Wyandotte Hospital

*Visit [HenryFord.com/CaregiverSupportGroup](http://HenryFord.com/CaregiverSupportGroup) or call (313) 874-4838 for more information.*

### Bereavement Support Group

If you're grieving a loved one, a free support group is available the third Thursday of each month.

**THURSDAYS: OCT. 17, NOV. 21 & DEC. 19**  
1 – 2:30 P.M.

3 Allen Conference Room  
Henry Ford Wyandotte Hospital

*Call (586) 276-9570 for more information.*



### Harvest Moon Ball

Join us for the 12th Annual Harvest Moon Ball featuring a James Bond "007" theme. This phenomenal evening includes cocktails, dinner, live entertainment provided by Chateau, a silent auction and more. The annual event honors Henry Ford Wyandotte Hospital's continued commitment to providing exceptional health care services to the Downriver area while also honoring community members for their positive impact.

**FRIDAY, OCT. 25**  
6:30 – 11 P.M.

MGM Grand Detroit

*Visit [HenryFord.com/HarvestMoon](http://HenryFord.com/HarvestMoon) or call (313) 874-6349 for more information or to purchase tickets.*

### Freedom from Smoking

The Center for Health Promotion and Disease Prevention offers Freedom from Smoking classes led by a Henry Ford Health System trained tobacco treatment expert. The group classes meet every Wednesday for eight sessions over a 7-week period. Participants prepare for a shared "quit day" by learning about medications that can help them stop, lifestyle changes that make quitting easier, and how to stay tobacco free for good. The program is free to most patients, and all Henry Ford employees and eligible dependents.

**WEDNESDAYS THROUGH OCT. 30**  
10 – 11:30 A.M. & 6 – 7:30 P.M.

Henry Ford OptimEyes Super Vision Center  
22395 Eureka Road, Taylor, MI

*Visit [HenryFord.com/TobaccoFree](http://HenryFord.com/TobaccoFree), call (888) 427-7587 or email [tobaccofree@hfhs.org](mailto:tobaccofree@hfhs.org) for more information.*

### Diabetes Awareness Seminar

Learn about the risk, prevention and management of diabetes during a free Diabetes Awareness Seminar. Healthy refreshments will be served.

**WEDNESDAY, NOV. 13**  
6 – 7 P.M.

Multipurpose Rooms  
Henry Ford Wyandotte Hospital

*Call (734) 246-6057 to register. Registration is required.*

### Bariatric Surgery Seminars

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.

**THURSDAYS: NOV. 14 & DEC. 12**  
6 – 7:30 P.M.

Multipurpose Rooms  
Henry Ford Wyandotte Hospital

*Call (734) 285-7420 to register. Registration is required.*



## Calendar of EVENTS, *cont'd*

### Mantra Meditation

Introduction and benefits of meditation. Learn mantra meditations and take a stress reduction break.

**THE SECOND AND FOURTH THURSDAYS OF EACH MONTH**

**5 – 6:15 P.M.**

Multipurpose Rooms  
Henry Ford Wyandotte Hospital

Call (734) 246-6057 to register.  
Registration is required.

### Massage Therapy

Massage therapy is more than a luxury that leaves you feeling refreshed and rejuvenated. It can have positive health implications including reduced stress, relief of muscle soreness, lower blood pressure and heart rate, and increased flexibility. Henry Ford Wyandotte Physical Rehabilitation offers full body massage by appointment only.

**MONDAY – THURSDAY: 7 A.M. – 6 P.M.**

**FRIDAY: 7 A.M. – 5:30 P.M.**

Henry Ford Wyandotte Physical Rehabilitation  
3323 Biddle Ave., Wyandotte, MI

60-minute massage is \$55, 90-minute massage is \$80. Call (734) 284-4499 for more information or to make an appointment.

### Chair Massage

Ten-minute chair massages are available during select weekday hours in the massage room. Massages are \$5 and must be purchased in the cashier's office. Punch cards good for five massages are available for \$20.

**HOURS POSTED WEEKLY**

**MONDAY THROUGH FRIDAY  
(SELECT HOURS)**

Massage room across from Multipurpose Room A  
Henry Ford Wyandotte Hospital

Call the Physical Rehabilitation  
Department at (734) 324-3946 for more  
information.



## BIRTHING CLASSES AND MORE

A range of birthing classes are offered at Henry Ford Wyandotte Hospital, including breastfeeding; infant CPR; and Great Expectations, which teaches participants about labor, comfort techniques, Cesarean sections and baby care. A tour of the birthing unit is included. Weekend, evening and online classes are available.

Call (734) 246-9601 for more information and to register.



## WEIGHT MANAGEMENT

Henry Ford Wyandotte's Center for Metabolic Health and Weight Management provides programming for supporting patients in preventing or better managing their weight as well as type 2 and pre-diabetes, high blood pressure and cholesterol. Our multidisciplinary team will work with you to design a health optimization plan that fits you and your lifestyle.

**OUR 6-MONTH LIFESTYLE CHANGE PROGRAM INCLUDES:**

- Regular registered dietitian visits for individualized meal planning and health coaching
- Weekly group classes led by a behavioral health specialist, registered dietitian or exercise physiologist
- Seasonal cooking demonstrations
- Regular check-ins with a health coach

Attend a free informational seminar to learn more about Henry Ford Wyandotte Hospital's Metabolic Health & Weight Management program. Seminars take place from 6 to 7 p.m. Sept. 17, Oct. 17, Nov. 7 & Dec. 3 in Suite C at the Bariatric Surgery Center, 3333 Biddle Ave., Wyandotte. Call (734) 285-7420 to register.

**SEMI-PRIVATE PERSONAL TRAINING CLASSES**

Classes for all fitness levels also are available with our exercise physiologist and certified personal trainers. The sessions focus on functional strength and core training with cardio intervals.

Classes are limited to 12 participants, and the first class is free. Packages of 6, 12, 18 and 24 classes are available. Call the Center for Metabolic Health & Weight Management at (734) 285-7420 for more information, dates and pricing.



*BE PROACTIVE.  
KNOW YOUR BREAST  
CANCER RISK.*

1 in 8 women will be diagnosed with breast cancer in their lifetime. Routine screening and early detection is key. The breast cancer team at the Henry Ford Cancer Institute includes fellowship-trained breast radiologists offering the most advanced technologies to detect, diagnose and manage breast cancer. Know your risk. Visit [HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk) and take our online risk assessment today.



**HENRY FORD CANCER INSTITUTE**



**HENRY FORD WYANDOTTE HOSPITAL**  
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