

LIVEWELL

WINTER 2017



HOW TO STAY HEALTHY IN YOUR 50s

ALSO INSIDE:

- >> POSITION YOURSELF FOR
A GOOD NIGHT'S SLEEP
- >> WHAT YOU NEED TO
KNOW ABOUT PREDIABETES
- >> HENRY FORD MACOMB NAMED TOP
50 CARDIOVASCULAR CENTER

short takes

WHAT'S HOT THIS WINTER?

CALL FOR FREE COLORECTAL CANCER SCREENING TEST

Early detection through screening tests can help doctors spot colorectal cancer before it causes any symptoms or pain. Henry Ford Macomb has partnered with the Macomb County



Health Department to make free colorectal cancer screening tests available to people at risk who have not been screened. For more information, call (800) 532-2411.

FREE ADVANCE CARE PLANNING AVAILABLE

Talking about the type of care you would want if you become seriously ill and unable to communicate is not an easy topic. But understanding your choices and making them known now can ensure you get the care you want should



you ever become seriously ill or injured. Henry Ford Macomb offers a free Advance Care Planning service. Trained facilitators help individuals and families learn how to make medical decisions based on their medical condition, goals of care, faith and values, and how to complete an advance care directive. To schedule an appointment, call (800) 532-2411.

\$4 MILLION GIFT AIDS SURGICAL SERVICES EXPANSION

Henry Ford Macomb Hospital recently announced a \$4 million donation from Macomb County businessman Wayne Webber and his wife, Joan. The gift will help fund an expansion of the hospital's surgical services and newly created Wayne and Joan Webber Department of Surgery. A key feature of the expansion is a hybrid operating room for cardiovascular surgery, a first of its kind in Macomb County.

"My wife and I have been very blessed, and it is an honor to share these blessings with Henry Ford Macomb Hospital," says Wayne Webber, who resides in Chesterfield Township.

To contribute to the hospital's \$15 million Surgical Center expansion capital campaign, contact Tina Lavinio-Mattinen, chief development officer, at cmattin8@hfhs.org.



From left, Tony Rubino, campaign cochair; Steven Harrington, MD, medical director, Henry Ford Macomb Cardiac Surgery; Wayne and Joan Webber; Barbara Rossmann, Henry Ford Macomb Hospital president and CEO.

POSITION YOURSELF FOR A GOOD NIGHT'S SLEEP

Do you snooze on your side, bed down on your belly or slumber supine? Your nighttime posture can have a big effect on your comfort—and your health. After all, you spend an estimated one-third of your time there.

ON YOUR BACK

The best for you

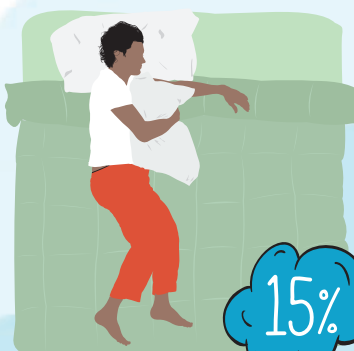
8%

GOOD FOR: Everyone

- Reduces excess pressure and prevents pain with head, neck and spine resting in a neutral position.

BAD FOR: Snorers, pregnant women

- Can cause snoring and worsen your sleep apnea because your tongue may fall back in your throat.
- Always avoid if you are pregnant. Sleeping on your back can allow your abdomen to rest too heavily on major blood vessels, decreasing circulation to your heart and your baby.



15%

ON YOUR SIDE

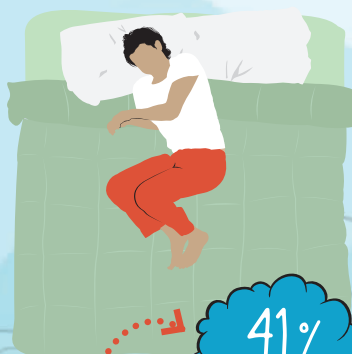
GOOD FOR: Those with acid reflux or sleep apnea, pregnant women

- Reduces neck and back pain by lengthening your spine and keeping airways open.
- Good for pregnant women by boosting blood flow to your baby, especially if resting on your left side.

BAD FOR: Those concerned about the signs of aging

- Can worsen wrinkles with the heavy contact between your face and the pillow.

IN THE FETAL POSITION



41%

Most popular position

GOOD FOR: Snorers, pregnant women

- Helps snorers, who tend to quiet down in this pose.

BAD FOR: Breathing, arthritis

- Can impede breathing, if you wind yourself up too tight, by restricting the motion of your diaphragm.
- For arthritis sufferers, if your hips ache, increase your comfort by placing a pillow between your knees.



7%

The worst for you

ON YOUR STOMACH

GOOD FOR: Snoring

BAD FOR: Neck pain, just about everything else

- Causes pain, numbness and tingling on your muscles, joints and nerves from flopping down on your belly.
- Triggers back pain, in most cases, since your spine curves unnaturally.
- Avoid if you are pregnant. Women will probably find this position practically impossible.

Trouble sleeping?

Contact the Center for Sleep Medicine at (586) 203-1030 or call Henry Ford Macomb's Physician Referral line at (800) 532-2411.

Go ahead, slurp your supper

Few things warm you up on a cold day better than a steaming hot bowl of soup.

If you choose your soup wisely, your waistline—and your health—can also benefit. In a recent study, Americans who spooned up more soup tended to weigh less and have smaller waists. What's more, they also had more nutritious diets on the whole.

Soup works its magic by packing in water and fiber, which can make you feel fuller on fewer calories. Plus, it often contains a variety of veggies, rich in nutritious vitamins and minerals.



Need help with your weight and nutrition goals? Call Henry Ford Macomb Center for Weight Management for classes or individual consultations at (800) 756-9890.

And that's not the only reason to ladle up your meal. When you're sick, soup can loosen mucus and prevent you from getting dehydrated. Certain blends may have even more health benefits. For example, miso soup contains probiotics, which may help treat some digestive and skin conditions.

Soup is also convenient, easy to prepare and budget-friendly. You can throw together a simple vegetable soup with items already around your kitchen for less than 50 cents a serving.

To get the most out of every bowlful:

- Go broth-based. Choose veggie-based soups, tomato soup, or recipes made with chicken or beef broth. They're lower in calories and fat than creamy blends, like bisques.
- Swap in produce. Replace 2 ounces of meat or 1 cup of noodles in your soup with a cup of chopped vegetables. Good choices include beans, greens and colorful broccoli, peppers or carrots. You'll cut calories, add nutrients and feel just as satisfied.
- Stay low-salt. Word of warning: A single cup of canned soup can provide nearly half the

government recommended 2,300 milligrams of sodium. Check nutrition labels carefully and look for low-sodium options—those containing less than 5 percent of your daily value. Better yet, make your soup from scratch using fresh or frozen veggies, water and salt-free herbs and spices.



Stuffed Pepper Soup *(Serves 6)*

Try this healthy soup recipe courtesy of Henry Ford Macomb's Center for Weight Management. At only 319 calories per serving, the soup boasts 7.1 grams of dietary fiber and 27.2 grams of protein with just 116 milligrams of sodium and 5 grams of total fat (2.2 grams saturated fat).

INGREDIENTS:

- 1 lb. 97 percent lean ground beef
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup finely diced onion
- 3 cloves garlic, chopped
- 28 oz. no-salt-added diced tomatoes
- 1 3/4 cups no-salt-added tomato sauce
- 2 cups low-sodium, fat-free chicken broth
- 1/2 tsp. dried marjoram
- 1/2 tsp. ground black pepper
- 3 cups cooked brown rice

DIRECTIONS:

1. In a large pot or Dutch oven, brown ground meat on high.
2. Drain fat, if any, and reduce heat to medium low.
3. Add peppers, onions and garlic, and cook for about five minutes.
4. Add tomatoes, tomato sauce, chicken broth, marjoram and pepper.
5. Cover and simmer on low heat for 30 minutes.
6. Serve about 1 1/3 cups of soup in each bowl and top with 1/2 cup brown rice.

Henry Ford Macomb recognized as Top 50 cardiovascular center

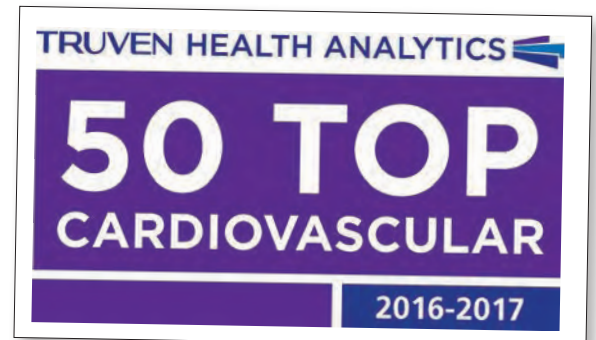
For the second year in a row, Henry Ford Macomb Hospital has been named a Top 50 Heart Hospital. Selected from more than 1,000 hospitals evaluated across the United States, this is the fifth time Henry Ford Macomb has received the award through the 100 Top Hospitals program by Truven Health Analytics. Henry Ford Hospital in Detroit was also recognized with this award.

The recognition is based on publicly available data showing that if all cardiovascular providers performed at the level of the Truven winners,

more than 9,000 additional lives could be saved annually in the United States and an additional 6,000 heart patients could be complication-free.

"Our motto, 'All for you,' isn't just a slogan. It's how we practice medicine every day," says Steven Harrington, MD, the hospital's medical director of cardiothoracic surgery.

For more information about the cardiovascular services at Henry Ford Macomb Hospital, visit henryford.com/hvi or call (800) 532-2411.



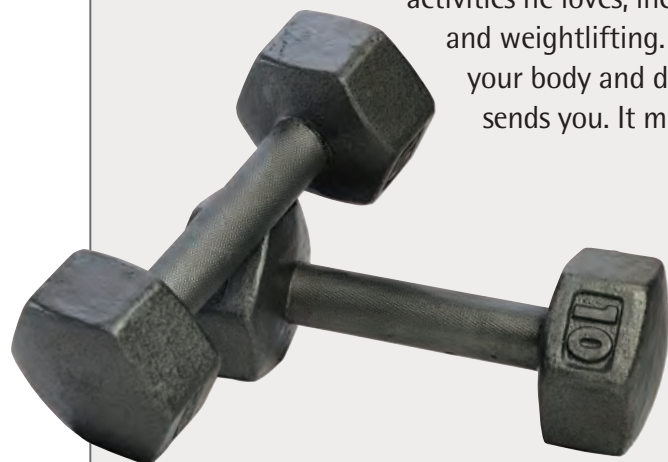
Feeling stronger than ever

As someone who hit the gym hard four to five times a week, Carl Miller thought he was immune to cardiac disease—until his first heart attack at age 43. Carl had three stents put in and quit smoking. But the heart disease progressed.

In late 2015, Carl, then 56, could no longer ignore the heavy pressure he felt in his chest each time he worked out. After a cardiac catheterization, his doctor recommended surgery.

"I had quadruple bypass surgery at Henry Ford Macomb on a Thursday, and was home by Monday morning," says Carl. "It couldn't have gone better. Henry Ford Macomb's staff was phenomenal. They put me at ease, inspired confidence, and updated my family several times throughout the surgery. I was back to work and walking three miles a day just seven weeks later."

Today, Carl and his heart are doing great. He's back to the activities he loves, including hunting, hiking and weightlifting. Carl's advice, "Listen to your body and don't ignore the signals it sends you. It might just save your life."




Carl Miller is back to doing what he loves after quadruple bypass surgery.



A photograph of two women laughing together outdoors. The woman on the left is leaning her head against the woman on the right, who is looking towards the camera. Both are smiling broadly. The background is a soft-focus outdoor setting with trees.

How to
stay healthy
in
your

50s



Life in your 50s is all about balance. You know how to take care of yourself—and show others that you love them. You're enjoying the present—and preparing for the future. Take these steps to ensure a balanced body and mind in your 50s and beyond.

1. Eat like a Greek.

A diet that's good for your heart is also good for your mental health. An analysis of 12 research studies found that eating a Mediterranean diet is linked to a lower risk for dementia. People following the diet also had a slower rate of mental decline as they aged.

A Mediterranean diet includes fruits, vegetables, nuts, grains, fish and healthy fats, such as olive oil. Red meat and salt are limited. The diet's high level of antioxidants may protect against brain changes related to Alzheimer's disease.

The Mediterranean diet is well-known for its heart health benefits. One study found that people who ate a Mediterranean diet high in healthy fats had a 30 percent lower risk for cardiovascular events, such as heart attacks.

2. Fit in some cardio.

At this stage of life, doing some cardiovascular exercise now can yield big returns in the next few decades. One study found that people who were fit in their late 40s and early 50s were 20 percent less likely to be in the hospital for heart failure after age 64. Their level of fitness was measured by running on a treadmill as long as possible.

Another study found that people who were fitter in midlife (around age 50) had significantly lower healthcare costs at age 65

and beyond. Specifically, fit men saved about \$5,000 per year on healthcare costs, compared with less fit men. And fit women saved approximately \$4,000 per year.

How much exercise do you need? Government guidelines recommend adults do at least two hours and 30 minutes of moderate-intensity aerobic activity every week, such as brisk walking. But the more you can do, the better.

3. Strengthen your muscles.

Aerobic exercise is only one part of a well-rounded exercise plan. It's also important to strengthen your muscles with activities such as weight lifting. Body-weight exercises such as pushups also count as strength exercises.

People tend to lose muscle as they age. But strength training wards off muscle loss and keeps muscles strong. In addition, strength training improves bone density.

Guidelines say to strength train twice a week. Focus on all the body's major muscle groups, including your legs, buttocks, back, shoulders, arms and abdominals.

It's a good idea to check with your doctor before starting any new exercise program.

4. Fill your life with friends.

In general, loneliness increases throughout the 40s and 50s, research shows. But your 50s are a great time to reconnect with friends and build new connections. With the kids out of the house, you may have more time to focus on your own social life.

Having a strong social life is connected with lower rates of disability. It may also reduce the risk for depression. Consider joining a book club or walking group. Volunteering is another meaningful way to connect with others.



For information on upcoming Henry Ford Macomb health programs, call (800) 532-2411 or visit [HenryFordMacomb.com](https://www.HenryFordMacomb.com).

What you need to know about prediabetes



Not every health condition sends you warning signs before it becomes more serious. But a condition called prediabetes does. When you have prediabetes, your blood sugar levels are higher than normal, but not yet high enough to be diagnosed with type 2 diabetes.

Your doctor can diagnose prediabetes with a simple blood test. Unless you take steps to improve your health, prediabetes can lead to type 2 diabetes and heart disease.

The CDC estimates that the rate of type 2 diabetes in the United States will double or triple by the year 2050. About one in 10 adults has diabetes today, but in 35 years, diabetes may affect one in every three adults.

WHAT YOU CAN DO

Prediabetes is serious, but you can make changes to get your blood glucose levels within a healthier range. These changes include the following:

Lose weight. Losing just 7 percent of your body weight, if you're overweight, can make a difference. For instance, if you weigh 200 pounds, losing 15 pounds can help lower your glucose levels.

Increase your physical activity. Aim for at least

30 minutes of activity, such as brisk walking, five days per week. Add muscle-strengthening activities, such as lifting weights, a few days per week, too. Try to spend less time sitting and more time moving. Take the stairs instead of the elevator or park farther away from a building to take more steps to get there.

Eat a healthier diet. Choose healthier foods and eat less fat and fewer calories to help lose weight and improve your blood sugar levels. Some simple tips to improve your diet are:

- Eat smaller portions.
- Start each meal with a salad.
- Use a smaller plate so that you load it up with less food.
- Choose water instead of sugary drinks like soda or juice.
- Limit your alcohol intake to one drink per day if you're a woman or two drinks per day if you're a man.
- Keep a food log to track what you eat.
- Work with a dietitian to make a nutrition plan that's right for you.

Take your medication. Not everyone with prediabetes needs medication. For many people, eating a healthier diet, increasing your activity and losing weight is enough. However, if you're at high risk for type 2 diabetes, your doctor may prescribe a drug called Metformin to prevent or delay the disease. Be sure to follow your doctor's instructions when taking any medication.

WORK WITH YOUR HEALTHCARE TEAM

If you have prediabetes, you have the opportunity to turn your health around and keep diabetes at bay. Work with your healthcare team to make healthy changes to your everyday life.

If you smoke, it's important to quit. Smoking can increase your risk for diabetes if you already have prediabetes.

Finally, if you have prediabetes, have your blood glucose levels checked at least once per year. And if you have other health conditions, such as high blood pressure or high cholesterol, work with your healthcare team to manage those.



Shannon Prano was able to take control of her health by joining the diabetes prevention program at Henry Ford.

Make a change for life

When Shannon Prano was diagnosed with diabetes, she understood the seriousness of the situation. The 43-year-old Roseville woman has lost relatives on both sides of her family to complications of diabetes.

Initially, Shannon's doctor prescribed her medicine to help manage the condition, but she had an adverse reaction. Shannon decided to take charge of her own health.

She joined a small fitness center near her home. There, she picked up a flyer promoting a free yearlong diabetes prevention program offered through Henry Ford Macomb Hospital. She enrolled right away.

"I followed all the suggestions. I learned about portion control and how to read labels and stay within the

recommended guidelines for calories, fat grams and sodium content," says Shannon.

After 10 months, Shannon had lost about 50 pounds, or 18 percent of her body weight. Her blood sugar levels dropped back into the normal range. "I feel a lot better—more energy, less pain and healthier overall," says Shannon.

Her best advice: "You have to be willing to cook at home and not just eat out all the time. And don't make it about what you can't have. Eat the right portions and find balance," says Shannon, who now assists with the Diabetes Prevention program classes.

"If you make the changes, diabetes is not inevitable," says Shannon. "I'm very proud to have turned things around without having to take medication."



DIABETES PREVENTION PROGRAM

Learn how you can change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained lifestyle coach. This is a Centers for Disease Control and Prevention program. For upcoming class dates, locations and to register, call (800) 532-2411 or email dppregistration@hfhs.org.

Henry Ford Macomb offers a variety of health education classes, screenings and support groups to serve our community. Registration is required for all classes. To register, call **(800) 532-2411** except where noted. Classes are free unless a fee is listed.

Advance Care Planning Overview for Seniors

Feb. 1, 10 to 11 a.m., Henry Ford Macomb Health Center-Bruce Township, 80650 Van Dyke, Bruce, 48065

American Red Cross Blood Drive

To schedule an appointment, visit redcross.org and enter code HENRYFORDMACOMB or call **(800) 733-2767**.

Jan. 3, 10:30 a.m. to 4:30 p.m.;
April 24, 7 a.m. to 7 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 3

Bariatric Support Group

Join patients and family members for weekly discussions about post-surgical weight management.

Wednesdays, 7 to 8 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 1

Bariatric Surgery Overview

Anyone considering surgical options for weight loss is invited to attend a seminar presented by a certified bariatric nurse. Registration required.

Jan. 9, Feb. 13 or March 13, 6:30 p.m.
Feb. 23, 11 a.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 1

Jan. 23 or March 27, 6:30 p.m.
Henry Ford Macomb
Health Center-Chesterfield

Bereavement Support

Any adult who has lost a loved one is welcome to attend ongoing support groups.

Drop in session Jan. 19, Feb. 16
or April 18, 7 to 8:30 p.m., Clinton
Township hospital, Medical Pavilion,
Fourth Floor, Rooms 4 and 5

A six-week Bereavement Support series that covers the grief and mourning

process runs Thursdays starting March 16, 7 to 8:30 p.m. Registration required at (586) 276-9570.

Clinton Township hospital,
Medical Pavilion, Fourth Floor,
Rooms 4 and 5

Blood Pressure Screenings

Join us for a free blood pressure screening to ensure your numbers are within normal range. Walk-ins welcome.

Jan. 12, Feb. 9, March 9 11 a.m. to 1 p.m.
Clinton Township hospital lobby (main entrance)

Chair Yoga

Gentle style of yoga performed mostly from a seated position. Great for seniors and all mobility levels.

Thursdays beginning March 16 at 1 p.m.
\$36 for six weeks.
Henry Ford Macomb Health Center-Bruce
Township, 80650 Van Dyke, Bruce, 48065

Joint Replacement Seminars

Join an orthopedic surgeon to learn more about joint pain and joint replacement surgery. Light refreshments served.
Clinton Township hospital, Fourth Floor,
Center for Joint Replacement

Feb. 21, 6 to 7 p.m., Shelby Macomb
Medical Mall, 50505 Schoenherr Road,
Suite 070, Shelby Township, 48316,
Steve Cusick, MD

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques. A restful practice designed to rejuvenate and restore your body.

Monday sessions begin Jan. 16 or March 6,
4:45 to 5:45 p.m. Thursday sessions begin
Jan. 19 or March 9, 6:30 to 7:30 p.m. \$36
for six weeks. MORC (Macomb-Oakland
Regional Center) Rehab Services, 16200
19 Mile Road, Clinton Township, 48038

Strength, Tone and Stretch

Use hand weights, proper alignment and movements to strengthen and tone

your muscles. Basic dance and yoga stretches increase flexibility and relaxation. Bring yoga mat and two different sets of hand weights.

Thursdays beginning Jan. 19 or March 9,
5:15 to 6:15 p.m. \$36 for six weeks. MORC
(Macomb-Oakland Regional Center)
Rehab Services, 16200 19 Mile Road,
Clinton Township, 48038

Zumba

Take salsa, cha-cha, samba, tango, merengue, flamenco, calypso, hip-hop and belly dancing, put them in a workout routine and you've got Zumba! Great for all ages and fitness levels.

Tuesdays beginning Jan. 17 or March 7,
5:15 to 6:15 p.m. \$36 for six weeks. MORC
(Macomb-Oakland Regional Center)
Rehab Services, 16200 19 Mile Road,
Clinton Township, 48038

CANCER CARE

For more information on the programs listed below please call **(586) 263-2237**.

Creative Art Therapy Support Group

This free support group is designed for those touched by cancer. Guided by an art therapist, participants will use drawing, painting and other artistic expression to help manage the emotional and psychological side effects that often result from cancer diagnosis and treatment. Registration is required.

Jan. 4, Feb. 1, March 1, 1 to 2:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Rooms 6 and 7

Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker, offers patients an opportunity to express their feelings and concerns and hear how others are coping with cancer. Registration is not required.

Mondays, 1:30 to 3 p.m., ongoing
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Rooms 4 and 5

Family/Caregiver Support Group

Facilitated by a professional counselor, this weekly group offers those who support cancer patients the chance to discuss concerns and get practical tips for dealing with daily challenges. Registration is not required.

Fridays, 10:30 a.m. to noon, Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 10

Hope for Today Spiritual Support Group

A spiritual care support group and lecture series for anyone affected by cancer. Registration is not required.

Jan. 18, 1:30 to 3 p.m.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Rooms 4 and 5

Look Good ... Feel Better

This class, sponsored by the American Cancer Society, is especially for women undergoing cancer treatment. A cosmetologist will be on hand to demonstrate how to choose the makeup, wigs, scarves and hats that will best complement your appearance. Registration is extremely important—please call (800) 227-2345.

Second Tuesday of the month, 2:30 to 4 p.m.
Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 5

COMPLEMENTARY MEDICINE

For appointments, class registration or more information on these services, call (586) 263-2837.

Personal Intro to Reiki

Reiki is an ancient, hands-on relaxation technique that promotes wellness by integrating and balancing your physical, mental, emotional and spiritual health.

Jan. 24, Feb. 21, March 30, April 25,
May 23, 6 to 7:30 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 3

Reiki for Kids

This class, designed for the whole family, will teach children ages 6 to 12 and a parent/guardian how to perform and experience the benefits of this holistic

healing approach. Reiki has been known to help relieve symptoms of ADD/ADHD along with easing childhood traumas and grief. Participants will practice giving Reiki to our therapy dogs.

March 4, 9 a.m. to noon, Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3. Please call for pricing info.

Reiki Practitioner Training

Both dates required. Please call for pricing info.

Level 1: Feb. 25, 9 a.m. to 5 p.m.

Level 2: April 29, 9 a.m. to 5 p.m.

Advanced: May 20, 9 a.m. to 5 p.m.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Rooms 1 and 2

Therapeutic Massage

Improve your immune system and reduce your stress level with a therapeutic massage. Evening and weekend appointments are available. Call (586) 263-2837 today to book your appointment.

EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County's most experienced newborn care team, with board-certified obstetricians, certified nurse midwives and all the support they'll need when they're expecting a child. Couples can also enjoy our newly renovated family-centered labor, delivery, recovery and postpartum birthing suites.

Tours Jan. 9, Feb. 13 or March 6.

Meet in hospital main lobby at 6 p.m.

Registration required. Call (800) 532-2411

to register or for more information about our pregnancy and newborn education programs.

Breastfeeding Classes

This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby.

Jan. 9, Feb. 13 or March 6; 7 to 9:30 p.m.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3. Cost: \$20

Childbirth Workshop

This one-day workshop covers the process of labor and delivery, labor-coping techniques and support skills. Medical pro-

cedures during labor and delivery, baby care for the first 30 days and a tour of our Birthing Center are also included.

Jan. 7, Feb. 4, March 11; 9 a.m. to 4:30 p.m.
Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3, Cost: \$65.

Childbirth Series

A three-week Childbirth Series on Wednesdays from 7 to 9:30 p.m. begins Jan. 4 or March 1. The series also covers pre-natal and infant massage techniques and use of essential oils.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3. Cost: \$65

Infant Massage Class

Learn the many benefits massage can have for your infant ages 3 weeks to 18 months. Both parents are welcome to participate.

Feb. 9, 6 to 7 p.m. Cost: \$20

Clinton Township hospital, Medical Pavilion, Fourth Floor, Conference Room 1

SPORTS PHYSICALS

Henry Ford Macomb Health Centers

Our \$26 physical exam measures height and weight and checks blood pressure and vision. Walk-ins welcome. For more information call the Fraser Center at (586) 285-3999; the Chesterfield Center at (586) 421-3052; Bruce Township Center at (810) 798-6418; or Shelby Macomb Medical Mall at (586) 323-4700.

WEIGHT MANAGEMENT

Henry Ford Macomb's Center for Weight Management offers the coaching and motivation you need for weight loss and health management. Several meal plan options are available to support your lifestyle and goals. Our Decision Free Diet was named a "Best Diet for Weight Loss" by *U.S. News & World Report*. Group classes and individual consultations with a registered dietitian, exercise physiologist and behavioral health coach are offered. Classes are available at both the Shelby Township and Chesterfield Township Health Centers, with day, evening or Saturday class options. Call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.



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Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call (800) 532-2411. If possible, please notify us three days in advance of the seminar.

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CONNECT WITH US ONLINE AT HENRYFORDMACOMB.COM.



Partnering with
Henry Ford Macomb,
Natalie Anter
of Port Huron
lost 70 pounds
and has kept the
weight off for
5 years.

HENRY FORD MACOMB offers the coaching, motivation and accountability you need for weight loss success. Several meal plan options are available to support your lifestyle and goals.

Visit HenryFordMacomb.com/LoseWeight or call (800) 756-9890 to register for a free information session.



HENRY FORD
MACOMB HOSPITALS