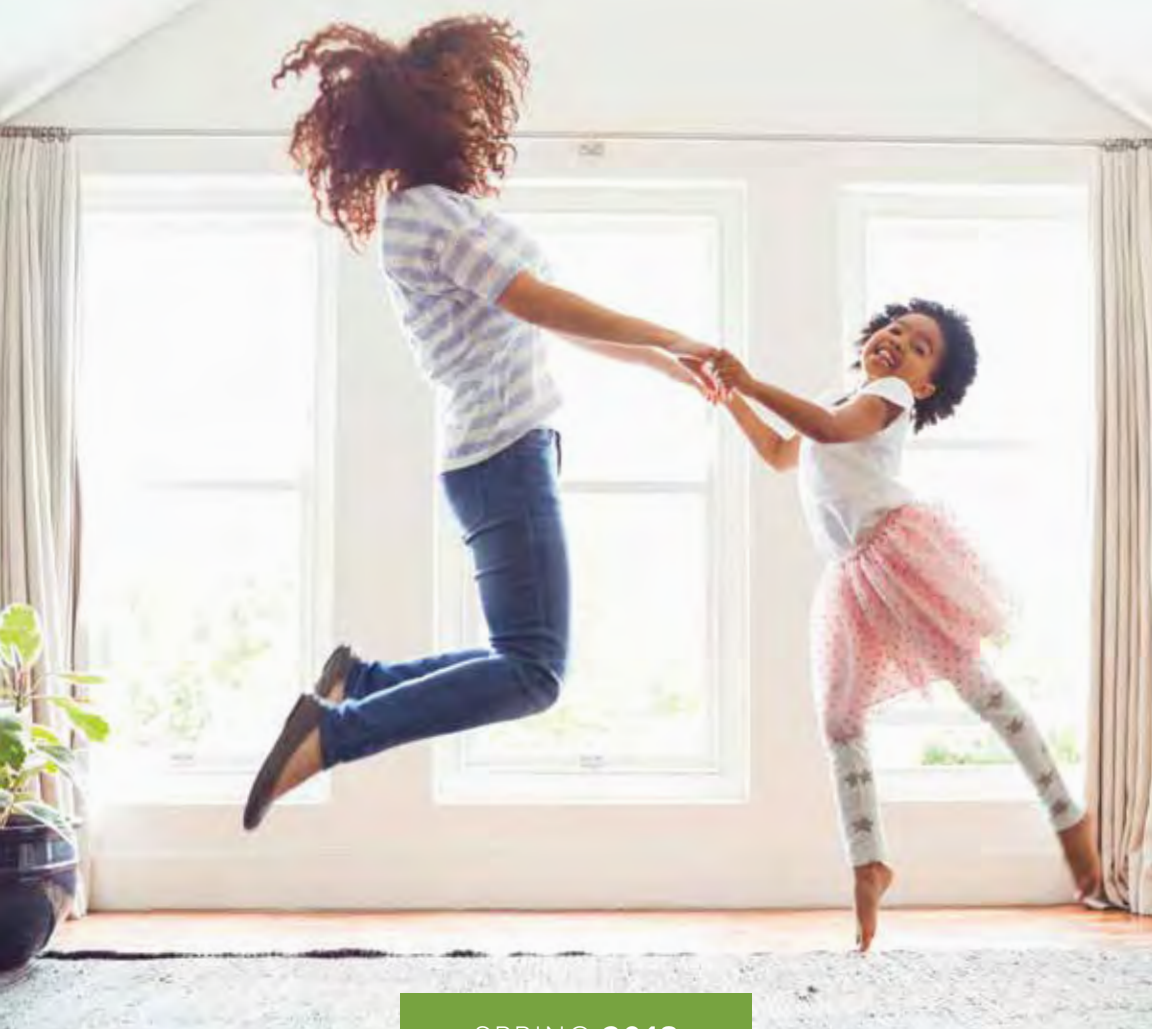


# LIVEWELL



SPRING 2018

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- May 16: Seniors Staying Sharp
- May 22: Infant Massage Class
- June 19: Personal Intro to Reiki
- July 5: Michigan Blood Drive
- July 21: Childbirth Workshop



**HENRY FORD  
MACOMB HOSPITAL**



## EXOSKELETON HELPS PATIENTS

### Learn to Walk Again

PATIENTS WHO HAVE SUFFERED A STROKE OR SPINAL CORD INJURY now have access to a new wearable robotic exoskeleton as part of their rehabilitation at Henry Ford Macomb Hospitals. The state-of-the-art equipment helps speed the recovery process and offers better outcomes by getting patients back on their feet sooner.

*To learn more, call (586) 263-2481.*



## WELLNESS PROGRAM RETURNS to Partridge Creek

HENRY FORD MACOMB WILL ONCE AGAIN HOST WELLNESS WEDNESDAYS at the Mall at Partridge Creek, offering free weekly drop-in Zumba and yoga sessions June 6 through Aug. 29 at the mall's outdoor center court. The seasonal walking club also kicks off May 7.

*Visit [www.HenryFordMacomb.com/WellnessatPC](http://www.HenryFordMacomb.com/WellnessatPC) for details.*



## BREAST CANCER CLINIC Enhances Patient Experience

A NEW MULTIDISCIPLINARY BREAST CANCER CLINIC at Henry Ford Macomb saves patients time and travel so that they can start their treatment sooner. A team of oncology specialists work together to customize a treatment plan for each patient, while a nurse navigator helps simplify the process.

*To learn more, call (586) 263-2234.*



## MEN'S HEALTH: ADVICE FOR EACH AGE AND STAGE

**MEN UNDERGO FUNCTIONAL CHANGES** and changes in appearance as they age. Here's what to expect:

### IN YOUR 20s

Between college exams, work and an active social calendar, many men have difficulty maintaining healthy habits in their 20s. Because the brain doesn't reach full maturity until the mid-20s, men in this age bracket are more likely to engage in risky behaviors, such as drinking and driving.

Adopt healthy habits now. Take steps to prevent substance abuse, accidents and sexually transmitted diseases that could have long-lasting effects.

### IN YOUR 30s AND 40s

It's not uncommon for men in this age group to burn the candle at both ends. Practice self-care and lower stress.

In your 30s and 40s, metabolism slows. Commit to eat healthy, get seven to nine hours of sleep and work out four to five times each week. Get screened for diseases like diabetes, thyroid disease and cardiovascular risk factors.

### IN YOUR 50s AND BEYOND

After age 50, testosterone levels begin to dip, which causes changes in the way fat is distributed. You might notice less hair on your head and more hair in your nose and ears. Estrogen and estradiol levels may rise, causing changes in breast tissue and a loss of muscle mass. You may also experience dips in sexual desire and function.

Focus on brain and heart health. If you're a smoker, get screened for lung cancer (and do your best to quit). If you're alarmed by sexual function changes, seek help from a physician. Get your eyes checked so you have appropriate prescription eyeglasses and work out to maintain strength and balance. Continue screening exams, including for colon and prostate cancer.

*Stay on top of your health. Visit [HenryFordMacomb.com](http://HenryFordMacomb.com) or call 1-800-532-2411 to find a Henry Ford Macomb physician.*



## THE FUTURE OF HEALTH BEGINS WITH YOU

HENRY FORD HEALTH SYSTEM, IN PARTNERSHIP WITH THE NATIONAL INSTITUTES OF HEALTH, INVITES YOU TO PARTICIPATE IN THE ALL OF US RESEARCH PROGRAM.

The program goal for All of Us is simple: We want to speed up health research and medical breakthroughs. To do this, we're asking for one million people to come together to lead the way in enabling better care for all of us.

Participants will share information about their health, including biological and physical measurements, lifestyle habits and environmental exposures. The more researchers know about what makes each of us unique, the more tailored our health care can become.

This program aims to make advances in precision medicine, which can help inform people about the best ways to stay healthy and help find the right kinds of treatments if you do get sick.

### WHAT WILL YOU ASK ME TO DO?

If you decide to join All of Us, we will ask you to share different kinds of details. We will ask you basic information like your name and where you live, questions about your family, home and work. If you have an electronic health record, we will ask for access. We also will ask you to give samples, such as blood or urine. Upon completion, you will be given a \$25 gift card for enrolling in the program.

### HOW LONG WILL ALL OF US LAST?

All of Us may last for at least 10 years. We hope you will stay involved over

time. If you join, you can withdraw or quit at any time for any reason without penalty.

### HOW DO I PARTICIPATE?

To enroll in the All of Us Research Program, individuals need to be at least 18 years old and currently live anywhere in the United States. They do not need to be citizens.

### WANT MORE INFORMATION?

*Call 1-844-893-3908 or email [AllofUs@hfhs.org](mailto:AllofUs@hfhs.org). Enroll online at [henryford.com/JoinAllofUs](https://henryford.com/JoinAllofUs).*



*Come help Henry Ford Health System celebrate our diverse community, bring families together, and learn how the future of health is beginning with YOU and the All of Us Research Program.*

### HELD AT:

Ford Field, 2000 Brush St, Detroit, MI 48226

Sunday, May 6, 2018, from 1-5 p.m

Admission and parking is FREE

### PROGRAM ACTIVITIES INCLUDE:

- Tour of the Detroit Lions locker room and Ford Field
- Music, games, prizes, food
- Health and wellness experts
- Family-friendly community and art activities
- Information and Q&A on the All of Us Research Program



## IT'S ALL ABOUT TIME – SURVIVING AND THRIVING AFTER A STROKE



Sumul Modi, M.D.

WHEN SOMEONE IS EXPERIENCING STROKE SYMPTOMS, TIME IS OF THE ESSENCE.

“During a stroke, the brain loses seven million neurons a minute. When brain cells die, permanent damage can occur, so there is no time to lose in seeking medical treatment,” says Sumul Modi, M.D., stroke medical director for Henry Ford Macomb Hospitals.

According to the American Heart Association, stroke is the fifth leading cause of death in the U.S. On average, someone suffers a stroke every 40 seconds and someone dies of a stroke every four minutes.

### RAPID DIAGNOSIS, ADVANCED TREATMENT

All patients showing symptoms of an acute stroke need to be evaluated and treated rapidly, which is why Henry Ford Macomb Hospitals has a team of dedicated neurologists and emergency department physicians trained to act fast. It's critical to determine whether a patient can receive therapies such as intravenous tPA (tissue plasminogen activator) and/or endovascular thrombectomy within a very short time of arrival.

Endovascular thrombectomy is a recent treatment option offering much hope for recovery to victims of acute stroke. It is a catheter-based treatment that results in removal of clots obstructing a large intracranial artery. It is an extremely effective treatment option that can be applied within 24 hours of symptom onset.

The clot-dissolving drug tPA must be administered within 4.5 hours of initial stroke symptoms. For both treatments, the sooner they are administered the better.

“Both treatment options improve post-stroke disability and save lives,” Dr. Modi says. “For these to be effective, rapid evaluation and treatment is needed.”

With timing of treatment so critical, it is important to be aware of the first signs of stroke, which include face drooping, arm weakness and speech difficulty.

### SPEAK WITH AN EXPERT

*If you suspect you or a loved one is having a stroke, call 911 or go to the Henry Ford Macomb Emergency Department. For more information or to schedule a consult with a stroke expert, visit [HenryFord.com/Stroke](http://HenryFord.com/Stroke).*

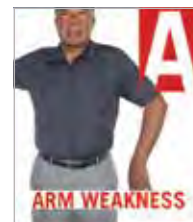
## SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



### FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.



### ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



### SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?



### TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### BEYOND F.A.S.T. – OTHER SYMPTOMS YOU SHOULD KNOW

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



**Together** to End Stroke™

[STROKEASSOCIATION.ORG/WARNINGSIGNS](http://STROKEASSOCIATION.ORG/WARNINGSIGNS)



## Calendar of **EVENTS**

Registration is required for all classes. To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.

### Advance Care Planning One-on-One Meetings

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 at these one-on-one appointments.

### Michigan Blood Drive

To schedule an appointment, visit [MiBlood.org](http://MiBlood.org) and search for Henry Ford Macomb or call 866-MIBLOOD (642-2663).

**JULY 5, 10 A.M. TO 3 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3

### Bariatric Support Group

Join patients and family members for drop-in weekly discussions about postsurgical weight management.

**WEDNESDAYS, 7 TO 8 P.M.**

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

### Bariatric Surgery Center Overview

Anyone considering surgical options for weight loss is invited to attend a seminar presented by a certified bariatric nurse. *Registration required at (586) 263-2308.*

**MAY 14, JUNE 11 OR JULY 9, 6:30 P.M.; MAY 31 AT 10 A.M. OR JUNE 28 AT 1:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

**APRIL 23 OR JULY 23, 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 THIRD THURSDAY OF THE MONTH, 6:30-8 P.M.**

*For more information about the groups, please call (586) 276-9570.*

Clinton Township hospital, Medical Pavilion, Fourth Floor

### Chair Yoga

Thursdays starting May 10, 11 a.m. to 12 p.m., \$42 for six weeks. Henry Ford Macomb Health Center – Bruce Township.

**REGISTRATION IS REQUIRED FOR ALL CLASSES.**

*To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.*

### Joint Replacement Surgery: Is It Time?

If daily tasks cause you joint pain and you've exhausted nonsurgical treatment options, it may be time to consider joint replacement surgery. Learn more about it at this free seminar. Light refreshments served.

**MAY 15, 1 P.M.**, Clinton Township hospital, Fourth Floor, Gathering Joint

**JUNE 14, 5:30 P.M.**, Henry Ford Macomb Health Center – Richmond, 67267 Main St., 48062

### Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

**TUESDAYS BEGINNING MAY 1, 6:45-7:45 P.M. SECOND SESSION STARTS JUNE 19 (NO CLASS JULY 3). \$42 FOR 6 WEEKS.**

Henry Ford Macomb Hospital, Fourth Floor, Gathering Joint.

### Seniors Staying Sharp

Join gerontologist Marcia Relyea from CARE of Southeastern Michigan for an all-new discussion designed to recharge your mental batteries.

**MAY 16, 1:30-3 P.M.**

Henry Ford Macomb Health Center – Richmond, 67267 Main St., 48062



## **CANCER CARE**

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

### The Lake House Art Group

This free support group is designed for those touched by cancer – patients, survivors and their families. 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.*

**THIRD WEDNESDAY OF EACH MONTH, 11 A.M.-12:30 P.M.**

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

### 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**

Medical Pavilion, Fourth Floor, Rooms 4 and 5

### Family/Caregiver Support Group

Group offers support to family members and caregivers of cancer patients.

**FRIDAYS, 10:30 TO 11:30 A.M.**

Medical Pavilion, Fourth Floor, Room 10

**FIRST AND THIRD TUESDAYS, 6-7 P.M.**

Medical Pavilion, Fourth Floor, Room 9

*RSVP required at (586) 263-2237.*

### Gentle Yoga

**MAY 11, MAY 25, JUNE 8, JUNE 22, JULY 6 AND JULY 20, 12:15-1:15 P.M.**

Henry Ford Macomb Hospital, Fourth Floor, take front lobby elevators.

*Reserve your spot at (586) 263-2237.*





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

## Head and Neck Cancer Support Group

**FIRST THURSDAY OF THE MONTH  
2:30-3:30 P.M.**

Shelby Macomb Medical Mall, 50505 Schoenherr Road, Ste. 020

*Facilitated by a speech and language pathologist. Register at (586) 263-2337.*

## Look Good ... Feel Better

This class, sponsored by the American Cancer Society, is designed 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.*

**JUNE 12, 2:30 TO 4 P.M.**

Medical Pavilion, Fourth Floor, Rooms 6 and 7

## Mindful Meditation

**THIRD THURSDAY OF EACH MONTH  
10-11 A.M.**

This group will teach cancer patients, survivors and caregivers how mindfulness practice and meditation can help you regain power over your thoughts and emotions to achieve a more balanced sense of well-being.

Henry Ford Macomb Hospital, Medical Pavilion, Fourth Floor, Room 5

*RSVP required at (586) 263-2237.*

**REGISTRATION IS REQUIRED FOR ALL CLASSES.** *To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.*

## 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.

**MAY 22, JUNE 19 AND JULY 17, 6-7:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor



### Reiki Practitioner Training

*Please call for pricing info.*

**LEVEL 1: MAY 29 AND 31, MUST ATTEND BOTH NIGHTS, 5 TO 9 P.M.**

**LEVEL 2: JUNE 9, 9 A.M.-5:30 P.M.**

**ADVANCED: APRIL 21, 9 A.M.-5 P.M.**

**MASTER TRAINING, MAY 19 AND 20 (BOTH DAYS), 9 A.M.-5 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

### 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.*

**REGISTRATION IS REQUIRED FOR ALL CLASSES.** *To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.*



## EXPECTANT AND NEW PARENTS

Discover Macomb County's most experienced newborn care team, with board-certified obstetricians and all the support you'll need when expecting a child. Tour our newly renovated, family-centered labor, delivery, recovery and postpartum birthing suites. *Register at (800) 532-2411.*

### Breastfeeding Your Newborn

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

**MAY 7, JUNE 11, JULY 16, 7-9:30 P.M.  
COST: \$20**

Clinton Township hospital, Medical Pavilion, Fourth Floor

### Childbirth Workshop

This one-day workshop covers the process of labor and delivery, labor-coping techniques and support skills. Medical procedures during labor and delivery, baby care for the first 30 days and a tour of our Birthing Center are also included.

**MAY 12, JUNE 9, JULY 21, 9 A.M. TO 4:30 P.M. COST: \$65**

Clinton Township hospital, Medical Pavilion, Fourth Floor

### Childbirth Series

A 3-week childbirth series on Wednesdays from 7 to 9:30 p.m. begins May 30 or July 18. The series also covers prenatal and infant massage techniques and use of essential oils.

Clinton Township hospital, Medical Pavilion, Fourth Floor

**COST: \$65**

## Infant Massage Class

Learn the many benefits massage can have for your infant ages 3 weeks to 18 months. Use of essential oils will also be covered. Both parents are welcome to participate.

**MAY 22, 6-7 P.M., COST: \$20**

Clinton Township hospital, Medical Pavilion, Fourth Floor, Conference Room 2

## 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 Bruce Township Center at (810) 798-6418, the Chesterfield Center at (586) 421-3052; the Fraser Center at (586) 285-3999; the Richmond Center at (586) 649-9078; or Shelby Macomb Medical Mall at (586) 323-4700.*



## WEIGHT MANAGEMENT

Henry Ford Macomb's Center for Weight Management offers the coaching, motivation and accountability 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 consults 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.*

# LUNG CANCER SCREENING



Nearly 450 people die each day of lung cancer in the United States. Lung cancer screening has shown we can detect cancer much earlier in people most at risk.

For those who are eligible, lung cancer screening is available with no co-pay or deductible from your insurance company.

**To see if you qualify, visit [henryford.com/lungscreening](https://henryford.com/lungscreening)**



**HENRY FORD MACOMB HOSPITAL**  
15855 19 Mile Road  
Clinton Township, MI 48038

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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.**

**Connect with us at [HenryFord.com](https://henryford.com).**

