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Mondays: Cancer Support Group
July 31: Infant Massage Class
August 7: Relaxation Yoga
August 14: Look Good ... Feel Better
September 18: Intro to Reiki
GREATER CONTROL
Over Your Health Care

HENRY FORD MYCHART IS A CONVENIENT ONLINE TOOL that is free, secure and available 24 hours a day. View lab results, send your doctor a question, renew prescriptions, check appointments or review account information and pay your bill – right from your smartphone or computer.

Visit HenryFord.com/MyChart to register.

Make Your Weight Loss Goal
A REALITY

THE DECISION FREE DIET AT HENRY FORD MACOMB'S CENTER FOR WEIGHT MANAGEMENT WAS RECENTLY NAMED A “BEST FAST WEIGHT LOSS DIET” BY U.S. NEWS & WORLD REPORT. The center provides the coaching, support and accountability needed for healthy weight loss and long-term maintenance.

Call (586) 510-0026 or visit HenryFordMacomb.com/LoseWeight.

REHAB SERVICES That Help You Heal

FOR PHYSICAL, OCCUPATIONAL OR SPEECH THERAPY, YOU WON’T FIND A BETTER RESOURCE THAN THE HENRY FORD MACOMB REHABILITATION CENTERS. Our eight centers in Macomb County offer experienced staff and comfortable facilities outfitted with the latest equipment.

Visit HenryFord.com/Rehab for more information.

HOW TO AVOID ILLNESS WHILE OVERSEAS

IF YOU’RE PLANNING A TRIP OVERSEAS, DON’T WAIT UNTIL THE LAST MINUTE TO CHECK IN WITH A HEALTH PROFESSIONAL. With just a few simple precautions, you can dramatically reduce your chances of getting ill.

BEFORE YOU GO:
1. Plan in advance. Depending on where you’re traveling, you may need specific vaccinations or medications. If you have heart disease, diabetes or other chronic conditions, your doctor can not only make sure you can weather the trip, but also ensure you have sufficient meds.

2. Watch your meds. Stow medications in a carry-on bag – not checked luggage. If you’re delayed or your bags don’t reach your destination, you’ll still have your medications.

3. Wear protection. Wear sun protection with an SPF of at least 50 and reapply frequently. Experts typically recommend using a shot glass equivalent of sunscreen every few hours to cover exposed areas including ears, toes, the part lines in your hair and your scalp. Wear a broad-brimmed hat for extra protection. Just as important: Use DEET-based insect repellent. Bites from mosquitoes, ticks and other critters are not only irritating, they may expose you to a host of diseases including West Nile virus, Lyme disease and Zika.

To find a doctor at Henry Ford, visit henryford.com or call 1-800-532-2411.
1. **REGULAR EXERCISE:** Exercise may be the last thing on your mind when you’re in pain, but it can improve blood flow to speed your body’s natural healing process.

2. **INTEGRATIVE MEDICINE TECHNIQUES:** Integrative techniques tap into the mind-body connection and combine breath, movement and mindfulness to relieve pain by calming your mind.

3. **STRESS MANAGEMENT:** There is a strong connection in the brain between stress and pain. Finding healthy ways to cope with the pressures of life can help control your symptoms.

4. **PHYSICAL THERAPY:** Stretching and strengthening muscles with the help of a physical therapist not only relieves pain, it can prevent it from coming back.

There are a variety of benefits to overcoming chronic pain without medication. Many people enjoy not having to remember to take pills several times a day. Other benefits include avoiding unpleasant side effects that may come with medication. In some cases, especially when non-medication treatments aren’t successful, medication is the best option.

“When medications are appropriate, we consider each patient’s lifestyle, overall health and personal preferences to prescribe treatments that can help achieve long-term relief without many side effects,” Dr. Seidel says.

*If chronic pain has become part of your daily life, talk with a Henry Ford provider specializing in pain management. Call 1-800-532-2411 or visit HenryFord.com.*

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**A NON-MEDICATED APPROACH TO MANAGING CHRONIC PAIN**

PAIN IS THE BODY’S NATURAL RESPONSE TO ALERT YOU THAT SOMETHING IS WRONG. HOWEVER, THERE’S A DIFFERENCE BETWEEN ACUTE AND CHRONIC PAIN.

Acute pain is caused by improper lifting, a sudden twisting of the body or repetitive motions. It typically goes away quickly. Chronic pain, however, lasts three months or more and may be the sign of a serious condition.

Chronic pain can make it hard to go about your daily life. Whether it’s low back pain or a headache that just won’t quit, you might not need pain medication to feel better.

“One of the challenges is that people don’t know there are alternatives to pain medications,” says Geoffrey Seidel, M.D., a board-certified physical medicine and rehabilitation physician and medical director of the Henry Ford Macomb Spine Center. “For pain management, we connect patients with the options that are best for their unique situation. We often consider non-medication options.”

**HENRY FORD MACOMB SPINE CENTER**

The Henry Ford Macomb Spine Center is a specialty clinic available to patients whose back problems have not resolved quickly working with their primary care physician. The Center offers a streamlined diagnostic workup with fast access to testing and prioritized physical and occupational therapy or specialty appointments to prevent long-term disability from chronic back pain.

*To make an appointment, call (586) 263-2345.*
AGING IS AN INEVITABLE PROCESS. UNFORTUNATELY, MANY WOMEN AREN’T TUNED IN TO THE CHANGES THAT TAKE PLACE IN BOTH BODY AND MIND AS THE YEARS GO BY. Plus, women tend to spend much of their lives caring for others, often at the expense of themselves.

The good news: There are things you can do to maintain your health and well-being as you journey into your golden years. Here’s what you should watch for during each life phase:

**IN YOUR 20s**

Gaining weight is common during this decade. With college exams and/or work demands and a busy social schedule, you might find it difficult to get the rest, food and exercise you need. If you overindulge with alcohol or caffeine, it can interfere with your ability to get quality sleep and increases your risks of problems later in life.

What to do: Adopt healthy habits now. “Get 150 minutes of cardiovascular activity each week, plus two to three days of resistance training and weight-bearing exercise,” says Karolina Skrzypek, M.D., an internal medicine physician at Henry Ford Macomb Health Center – Chesterfield who is currently completing a fellowship in Integrative Medicine.

**IN YOUR 30s AND 40s**

Many women are juggling child rearing, job demands and aging parents. If you have children during these years, you may also be navigating hormonal changes. Burning the candle at both ends may also cause weight gain.

What to do: Prioritize self-care. “Practice mindfulness and minimize stress. Eat healthy, get seven to nine hours of sleep and work out four to five times each week,” Dr. Skrzypek suggests. Screenings for diseases, cholesterol levels and blood pressure are strongly recommended.

**IN YOUR 50s AND 60s**

Many women experience insomnia, night sweats, mental fog and depression as they go through menopause. You may notice hairs cropping up on your chin, neck and face, and changes in sexual desire and function.

What to do: Eat a plant-based diet. Eliminate processed foods, soda and cheese as much as you can. Get sleep, reduce your stress and exercise daily.

**IN YOUR 70s AND BEYOND …**

You may notice difficulty with focus, balance and agility. Your appetite and sleep cycle may change as well, and you may find yourself going to bed earlier at night and waking up earlier.

What to do: Take steps to prevent falls and get your eyes checked. Develop a daily schedule for meals, bedtime and waking. Exercise and visit your doctor annually.

The key to wellness throughout your life is maintaining healthy habits and increasing self-awareness.

To find a primary care doctor or registered dietitian at Henry Ford, visit HenryFord.com or call 1-800-532-2411.

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**YOGA AWARENESS MONTH**

“All people can improve their overall health by reducing whole body stress and inflammation by correcting metabolic imbalances through good nutrition and exercise,” Dr. Skrzypek says. Yoga therapy can help with this. Yoga is an ancient integrative practice that can assist your body through the natural healing process and rebalance your body.

*September is National Yoga Awareness Month. See page 8 for more details on our Relaxation Yoga class.*
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 and search for Henry Ford Macomb or call 866-MIBLOOD (642-5663).

OCT. 3, 10 A.M.-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 post-surgical weight management.

WEDNESDAYS, 7-8 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.
AUG. 13, SEPT. 10, OCT. 8, NOV. 12, DEC. 10, 6:30 P.M.; SEPT. 27 OR NOV. 29 AT 11 A.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor
JULY 23, OCT. 22, 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.

SIX-WEEK FALL BEREAVEMENT SERIES (THURSDAYS, 6:30-8 P.M.) STARTS SEPT. 20.
For more information, call (586) 276-9570.
Clinton Township hospital, Medical Pavilion, Fourth Floor

Relaxation Yoga
This class combines gentle stretching with breathing and relaxation techniques.

TUESDAYS BEGINNING AUG. 7, 5:30-6:30 P.M. OR 6:45-7:45 P.M. (NO CLASS SEPT. 4.) $42 FOR 6 WEEKS. HFHS EMPLOYEE DISCOUNT AVAILABLE.
Henry Ford Macomb Hospital, Fourth Floor, Rooms 4 and 5

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

AUG. 23, 10-11:30 A.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor

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.

THIRD WEDNESDAY OF EACH MONTH, 11 A.M.-12:30 P.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor, Rooms 4 and 5
Register at (586) 263-2237.

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, 1:30-3 P.M., ONGOING
Clinton Township hospital Medical Pavilion, Fourth Floor, Rooms 4 and 5

Family/Caregiver Support Group
Group offers support to family members and caregivers of cancer patients.

FRIDAYS, 10:30-11:30 A.M., Medical Pavilion, Fourth Floor, Room 10
EVENINGS: FIRST AND THIRD TUESDAYS, 6-7 P.M.
Clinton Township hospital Medical Pavilion, Fourth Floor, Room 9
Registration required at (586) 263-2237.

Gentle Yoga
JULY 20, AUG. 3, AUG. 17, AUG. 31, SEPT. 14, SEPT. 28, OCT. 12, OCT. 26, 12:15-1:15 P.M.
Henry Ford Macomb Hospital, Fourth Floor, take front lobby elevators to the Gathering Joint.
Register at (586) 263-2237.

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.
AUG. 14 AND OCT. 9, 2:30-4 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
Registration required at (586) 263-2237.

Head and Neck Cancer Support Group
FIRST THURSDAY OF THE MONTH,
2:30-3:30 P.M.
Shelby Macomb Medical Mall, 50505 Schoenherr, Ste. 020
Facilitated by a speech and language pathologist.
Register at (586) 263-2237.
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.
AUG. 21, SEPT. 18, OCT. 23, NOV. 13, 6-7:30 P.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor

Reiki Practitioner Training
Please call for pricing info.
LEVEL 1: AUG. 25, 9 A.M.-5 P.M.
LEVEL 2: OCT. 27, 9 A.M.-5 P.M.
ADVANCED: NOV. 17, 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 available. Call (586) 263-2837 to book your appointment.

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 you’re expecting a child. Tour our newly renovated, family-centered labor, delivery, recovery and postpartum birthing suites. Register at (800) 532-2411.

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.
JULY 21, AUG. 25, 9 A.M.-4:30 P.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor
Cost: $65

Childbirth Series
A three-week Childbirth Series on Wednesdays from 7-9:30 p.m. begins July 18. The series also covers pre-natal 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.
JULY 31, 6-7 P.M., COST: $20
Clinton Township hospital, Medical Pavilion, Fourth Floor, Conference Room 2

Breastfeeding Your Newborn
This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby.
AUG. 27, 7-9:30 P.M.
Clinton Township hospital, Medical Pavilion, Fourth Floor
Cost: $20

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 Fast Weight Loss Diet” 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.
HENRY FORD CENTER FOR JOINT REPLACEMENT When it comes to joints, no two are the same. That’s why our award-winning team of joint replacement specialists take care to find a treatment specific to your body and your needs. With patient satisfaction ratings in the top 1 percent nationally and personalized surgery, we work to get you back on your feet and living a full life as quickly as possible.

Call (800) 532-2411 or visit henryford.com/jointreplacement