

# LIVEWELL

FALL 2016

## HOW INTEGRATIVE MEDICINE CAN ENHANCE YOUR WELL-BEING

### ALSO INSIDE:

- >> HPV CASES PLUNGE
- >> KNEE REPLACEMENT  
INCREASES MOBILITY
- >> IS YOUR CHILD TOO  
SICK FOR SCHOOL?



# short takes

## WHAT'S HOT THIS FALL?

### MAKE HEALTHIER FOOD CHOICES

To help consumers eat and shop healthier, Henry Ford Health System has teamed up with Kroger to present LiveWell Wednesdays. Every Wednesday, Henry Ford provides shoppers at all Michigan Kroger locations with a delicious, healthy recipe developed by registered dietitian nutritionists. Shoppers receive a brochure with a list of ingredients needed for the recipe and a link to a video cooking demonstration. At select Kroger stores, including the one in Shelby Township at 14945 23 Mile Road, Henry Ford LiveWell experts are on site Wednesdays from 10 a.m. until 1 p.m. to answer questions, help shoppers understand food labeling and explain how to make healthy substitutions. For more information, visit [HenryFordLiveWell.com](http://HenryFordLiveWell.com).



### NEW CAREGIVING RESOURCE AVAILABLE

For those who provide caregiving support to a family member or loved one, Henry Ford has a new online resource: [HenryFord.com/FamilyCaregivers](http://HenryFord.com/FamilyCaregivers). Whether you care for a disabled child, an elderly adult or someone who requires short-term caregiving assistance, the new website offers information on special caregiving classes, informative videos, advance care planning, bereavement support groups, elder care, degenerative conditions, end-of-life care and much more.



Livewell  
Wednesdays

### PULLED CHICKEN SLIDERS (8 servings)

- |  |                                   |                             |
|--|-----------------------------------|-----------------------------|
| 1 pound boneless, skinless chicken breasts | 1/2 teaspoon Kroger ground cumin  | 1/2 teaspoon smoked paprika |
| 1 15-ounce can, low-sodium tomato sauce    | 1 teaspoon Kroger chili powder    | 8 whole wheat rolls         |
| 2 tablespoons olive oil                    | 1/2 teaspoon Kroger garlic powder | 1 avocado, sliced           |
| 1 tablespoon dark brown sugar              | 1/2 teaspoon ground black pepper  | 1/2 red onion, chopped      |
| 1 tablespoon apple cider vinegar           | 1/2 teaspoon onion powder         | 4 leaves of romaine lettuce |
|  | 1/2 teaspoon dry mustard          | 1 cup red cabbage, shredded |

Place chicken, tomato sauce, olive oil, dark brown sugar, apple cider vinegar and seasonings (first 12 ingredients) in crock pot. Cook on low for 6 hours. Remove lid and shred chicken with fork in pot. Divide shredded chicken mixture between rolls and top with avocado, red onion, romaine and red cabbage.



### STOP IN FOR A FREE BLOOD PRESSURE SCREENING

High blood pressure can be a symptomless condition, so regular cardiovascular screening is important. Henry Ford Macomb hosts free monthly blood pressure checks and stroke awareness counseling the second Thursday of each month from 11 a.m. to 1 p.m. in the main lobby of the Clinton Township hospital. Upcoming dates include October 13, November 10 and December 8. For the third consecutive year, Henry Ford Macomb was among the few hospitals in the state to be recognized by the American Heart Association and the American Stroke Association with quality achievement awards for its stroke program.

# TOO SICK FOR SCHOOL? HERE'S HOW TO TELL



## STAY HOME IF ...

Your child feels too sick for regular activities

Yellow or green pus appears

The temperature on an oral thermometer reads 100° F or higher (100.4 for an ear, rectal or forehead temp)

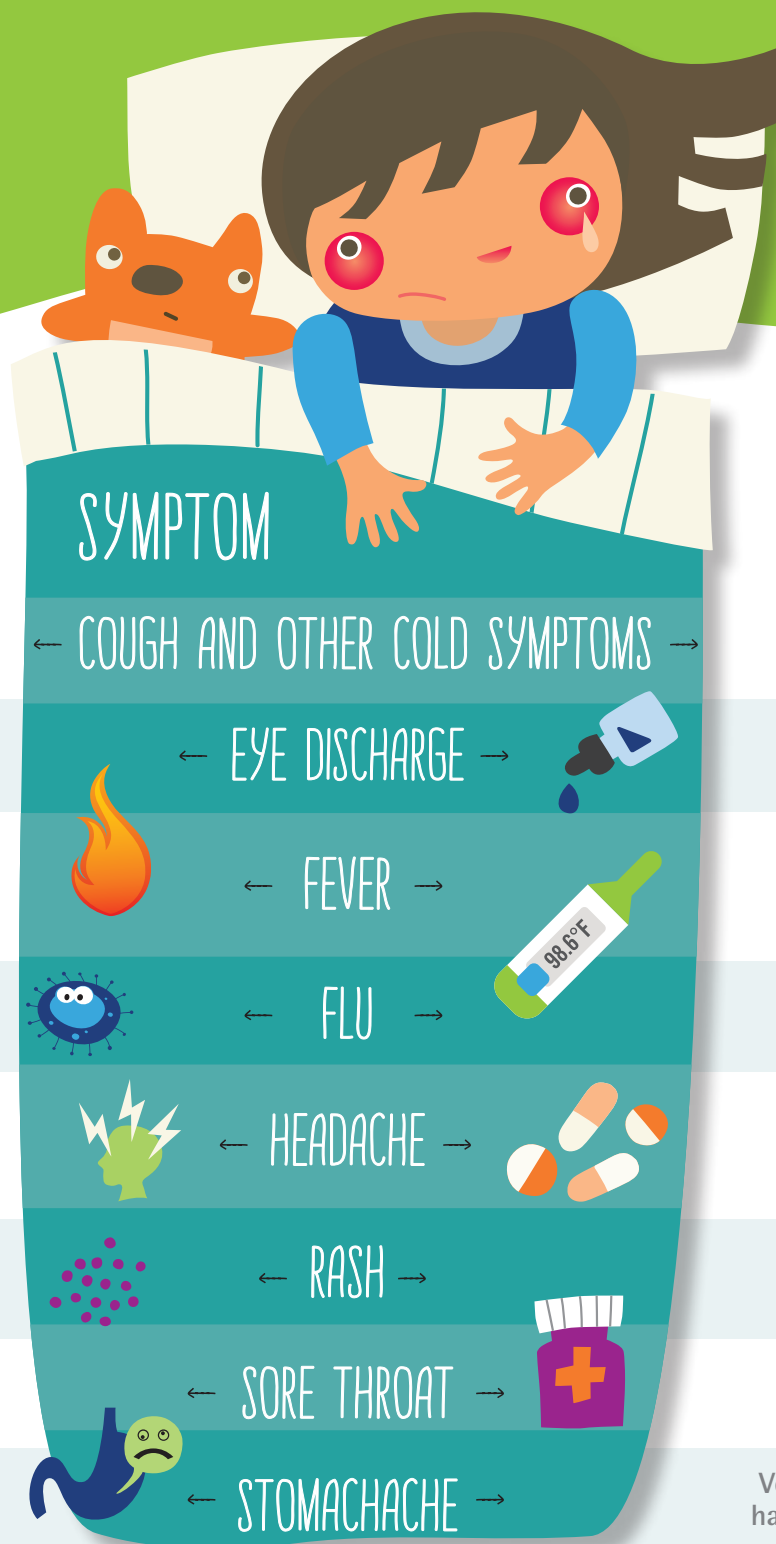
You suspect flu—it spreads rapidly

Your child has a migraine—throbbing, severe pain with moodiness, fatigue and sensitivity to light

Redness and itchiness affect all or most of your child's body

Your doctor suspects—or diagnoses—strep throat

Your child is vomiting or has uncontrollable diarrhea



## GO BACK TO SCHOOL AFTER ...

Fever decreases and your child feels better

The amount of pus decreases, using antibiotic eye drops for 24 hours

Body temperature reaches normal

Fever has been gone for 24 hours

Taking pain medication

The rash is gone—or the doctor gives the OK

24 hours after beginning antibiotics

Vomiting stops and your child has control of bathroom breaks

When you can't get in to see your pediatrician, Henry Ford Macomb has four Urgent Care locations open every day of the year. Reserve your spot online at [HenryFordMacomb.com/UrgentCare](http://HenryFordMacomb.com/UrgentCare).





"Most doctors recommend children of both sexes get the HPV shots at age 11 or 12. If your children are older it's not too late. Young adults can still get shots up to age 26."

— Rabbie Hanna, MD



# HPV cases plunge as vaccination takes effect

A decade ago, scientists introduced a unique vaccine—one that even prevents some causes of cancer.

Since 2006, health experts have recommended all young women receive the HPV vaccine, which targets human papillomaviruses. A new study published in the journal *Pediatrics* suggests the strategy has worked to reduce HPV's spread. In fact, the number of cases has dropped by nearly two-thirds among teen girls. (The vaccine was approved for use in boys and young men in 2009 and became a recommended vaccine in 2011. More on that later.)

## THE LINK BETWEEN VIRUSES AND CANCER

HPV is more than one virus—in fact, the name refers to a group of more than 200. More than 40 types can spread through sexual contact. Nine out of 10 people will catch at least one type in their lives.

Some strains of HPV cause low-risk conditions, such as warts. Others may have no symptoms at all. But over time, some may cause cell changes that increase the risk for cancer in the cervix, throat and anus, among other places.

## VACCINES OFFER PROTECTION

Even condom use can't completely protect against HPV. Fortunately, the U.S. Food and Drug Administration (FDA) has approved three vaccines to prevent their spread. All three work against HPV types 16 and 18, which cause most cervical and other HPV-related cancers.

For the past decade, the government has recommended all young women ages 11 to 26 get vaccinated. The new findings show the results of these efforts. Within six years, infections among females ages 14 to 19 decreased by 64 percent.

Meanwhile, young women ages 20 to 24 saw a 34 percent decline in HPV infections.

"That makes sense, since more young people get the vaccine, and it works better in younger people," says Rabbie Hanna, MD, a gynecologic oncologist at Henry



Rabbie Hanna, MD

Ford Macomb. "Teens and young adults have a higher chance of already being exposed to HPV, though the shots can still protect against other types they haven't picked up."

## DON'T SLACK ON OTHER SHOTS

The study in *Pediatrics* focuses on females—but guys shouldn't feel left out.

"Teen boys and young men can also benefit from immunization," notes Dr. Hanna. "Most doctors recommend children of both sexes get the shots at age 11 or 12, though you can start as young as age 9. If your children are older, it's not too late. Young adults can still get shots up to age 26."

Vaccination can cause mild side effects, including pain and redness at the site of the shot, low fever, headache or nausea. In rare cases, fainting can occur. But studies with tens of thousands of people have shown the FDA the benefits far outweigh the risks.

Of course, HPV infection stands as just one serious disease that vaccines prevent. Talk with your child's doctor about the other shots he or she needs, including those to prevent measles, hepatitis and whooping cough. And adults need vaccines, too—they offer protection from the flu, tetanus and pneumonia, among other infections.



# How integrative medicine can enhance your well-being

Integrative medicine focuses on a person's well-being and is used in conjunction with traditional medical practices. Henry Ford Macomb offers many integrative medicine care options, some of which are incorporated into the care experience in the hospital. Others are available on a fee-for-service basis.

## REIKI

Sue Militello of Macomb Township, a breast cancer survivor, was looking for something that would give her a better mind-body connection when she discovered Reiki. "I wasn't going to let anything take away my happiness, especially not cancer," says Militello, who reaped the benefits of Reiki immediately after her first session and believes Reiki has a healing aspect.

Reiki (pronounced RAY-key) is a holistic Japanese technique that supports the body's own self-healing abilities, which makes Reiki beneficial before surgery and medical procedures, as well as during treatments such as chemotherapy.

According to Kaye McAuley, a Reiki practitioner at Henry Ford Macomb, "Reiki balances our mental, physical, spiritual and emotional selves and helps us move through difficult times."

The therapist's hands are held above or lightly pressed on a client's clothed body, which serves to channel a pure energy from the person's head, through the heart and out through the hands.

When the energy is received, some clients feel warmth, vibration or a pulsation, while others may feel





coolness around inflammation. Benefits might include a decrease in pain, better sleep and, in some patients, even an improvement in their creativity.

### ART THERAPY

Art therapy is an integrative medicine practice that allows patients to communicate when words are not available.

“It can be an escape but also a way to express things they can’t say,” says Kathy Schnur, an art therapist at Henry Ford Macomb. “We believe that when your hands are busy, it helps you to relax.”

Schnur visits patients at Henry Ford Macomb’s Josephine Ford Cancer Institute with an art cart filled with supplies for painting, coloring, beading and sculpture projects. She

explains that art therapy helps patients build coping skills, offers a distraction and ensures a sense of control when a patient may feel otherwise.

“In therapy, you really don’t know what is going to happen next,” Schnur says. “It all depends on what the person is willing to do in art, which is not regulated.”

### SPA SERVICES

Wellspring Services at Henry Ford Macomb focuses on reducing stress and anxiety and easing pain. Well-spring offers therapeutic and hot stone massage and facials, in addition to Reiki and Reiki instructor training. Services are available to the general public, whereas art therapy is exclusive to the Cancer Institute. For pricing or to make an appointment, phone (586) 263-2837.

## Henry Ford Macomb has introduced a new Creative Art Therapy Support Group

This new, free support group, guided by an art therapist, is designed for those touched by cancer—patients and survivors as well as their families.

“Creative therapies are based on the idea that creating can be healing,” says art therapist Kathy Schnur. “We use drawing, painting and other artistic expression to help manage the emotional and psychological side effects that often result from a cancer diagnosis and treatment.”

Being a strength-based approach to therapy, creative art making provides opportunities for patients and families to reconnect with a positive sense of self and normalcy that is often overshadowed by cancer treatment.

Registration is recommended to ensure enough supplies for everyone. Call (586) 263-2237 to register.

Sept. 7, Oct. 5 and Nov. 2  
(first Wednesday of each month, ongoing)

1 to 2:30 p.m.

Henry Ford Macomb hospital, Clinton  
Township

Medical Pavilion

Fourth Floor, Rooms 4 and 5





# Knee replacement

## provides pain relief, mobility



Severe knee pain can make it difficult to climb stairs, shop or even sleep at night. This pain is the main reason people decide to replace their knees with artificial ones.

"I usually tell patients that they will know when it is time for surgery—assuming that they have significant pain and X-rays that show severe arthritis," says orthopedic surgeon Eddie El-Yussif, DO. "Patients are usually ready when they



Eddie El-Yussif, DO

have failed conservative treatment (therapy, injections, anti-inflammatory medications, weight loss, assistive devices, braces and activity modifications) and the pain affects their activities of daily living, such as walking, climbing stairs, doing household chores, working and exercising."

Knee replacement surgery has at least an 85 percent success rate. Within months of surgery, most patients can play golf, drive a car or go for a long walk again.

### ARE YOU A CANDIDATE?

Most people who undergo knee replacement have severe arthritis. Surgery is a consideration only after other treatments have failed. Other factors also weigh into knee replacement surgery:

- Your age. The operation is safe for people of all ages. But artificial knees typically last 15 to 20 years. Someone who is younger may ultimately need to have a second surgery.

"There is no age cut off for a knee or hip replacement, but we really try all conservative treatment options in younger patients first," says Dr. El-Yussif. "We also make sure they understand that if they are relatively young, they most likely will require multiple revision surgeries and that each successive surgery becomes more complicated."

- Your health. Heart disease, diabetes and other conditions should be under control before surgery. Obese adults may need to lose weight before surgery.
- Your commitment to recovery. For successful rehabilitation, you will need to follow a strict exercise schedule for several months.

### WHAT TO EXPECT IN SURGERY

The procedure involves two main steps. First, surgeons take out the damaged parts of the knee. Then they attach the artificial parts, made of plastic and metal. Surgery takes about one to two hours.

### MOTION IS KEY TO RECOVERY

Battling stiffness and soreness is important after surgery. You may be encouraged to move around with a walker the day after surgery. You'll also be taught various exercises to improve strength, flexibility and range of motion in your knees.

Pain medications will help relieve any remaining discomfort. Other complications—such as blood clots or an infection—are uncommon but serious.

Most people leave the hospital within one to two days, but you'll need to continue your exercises at home.



Kathi Hince  
of Chesterfield  
Township is more  
flexible since her  
knee replacement  
surgery.



## Joint replacement seminar

Find out about the many benefits included at the Henry Ford Center for Joint Replacement. Join an orthopedic surgeon for a discussion of joint replacement, the surgical procedure that replaces a damaged knee or hip joint with a durable, artificial joint.

Sept. 21, 7 to 8 p.m.

Oct. 26, 1 to 2 p.m.

Nov. 17, 6 to 7 p.m.

Clinton Township hospital

To register, call

(800) 532-2411.

## Kathi Hince didn't let joint pain stop her from doing what she loves

Birding (bird-watching and photography) is Kathi Hince's passion, but chronic knee pain made it extremely difficult for the Chesterfield Township resident to bend, and it left her unable to kneel.

The problem began in her early 20s. At age 50, after consulting with her physician and attending an informational seminar offered at Henry Ford Macomb, she decided to pursue joint replacement.

"The seminar was well-run

and explained the process patients go through and the support they receive," says Hince. Hince had her knee surgery a year ago at Henry Ford Macomb and hasn't slowed down since. She gives high marks to Henry Ford Macomb's facility and says that the staff was very accommodating and personable.

One of the best things about her regained flexibility? Hince, an elementary school teacher, explained that for the first

time in eight years, she can kneel down next to her students when she is talking to them.

Hince, whose husband, Tom, leads guided eco-tours to exotic locations around the world, missed out on a trip last year because of her knee, but was excited to join a tour of Africa this past summer.

Her advice to those considering joint replacement? "Do it! It increases your quality of life."



*Bird photography by Kathi Hince*



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

### Advance Care Planning 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.

### American Red Cross Blood Drive

To schedule an appointment, visit [redcross.org](http://redcross.org) and enter code HENRY-FORDMACOMB or call **(800) 733-2767**.

Oct. 28, 11 a.m. to 5 p.m.  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, Room 3

### Autoimmune Diseases Support Group

Monthly speakers offer information on understanding and managing autoimmune diseases. Open to patients, family members and caregivers.

Sept. 8, Oct. 10, Nov. 10, 7 to 9 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 Center Overview

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

Sept. 12, Oct. 10, Nov. 14  
or Dec. 12, 6:30 p.m.  
Oct. 27, 10 a.m.  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, Room 1  
Sept. 26 or Nov. 28, 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 Nov. 17, 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 Sept. 15, 7 to 8:30 p.m. Registration required at (586) 276-9570.  
Clinton Township hospital, Medical Pavilion,  
Fourth Floor, Rooms 4 and 5

### Considering Spine Surgery

Join a board certified neurosurgeon to learn more about spine pain and spine surgery.

Oct. 3, 6-7:30 p.m.  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, Room 1

### Diabetes Prevention Program

Learn how to change your lifestyle to prevent type 2 diabetes. Group meets 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](mailto:dppregistration@hfhs.org).

### 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 Sept. 19 or Nov. 7,  
4:45 to 5:45 p.m.  
Thursday sessions begin Sept. 22  
or Nov. 10, 6:30 to 7:30 p.m.  
\$36 for 6 weeks.  
No classes week of Thanksgiving.  
MORC (Macomb-Oakland Regional Center)  
Rehab Services, 16200 19 Mile Road,  
Clinton Township, 48038

### Seniors Staying Safe: Fall Prevention

Find out how to reduce your risk of falls. We will discuss prevention that will help you decrease your likelihood of injury and help you stay healthy and independent. Light refreshments served.

Oct. 26, 10 to 11 a.m.  
Henry Ford Health Center-Bruce Township,  
80650 Van Dyke, Romeo, 48065

### Seniors Staying Sharp

Join a CARE of Southeastern Michigan gerontologist for a discussion designed to recharge your mental batteries. Light refreshments served.

Nov. 17, 1:30 to 3 p.m.  
Henry Ford Health Center-Bruce Township,  
80650 Van Dyke, Romeo, 48065

### 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 Sept. 22  
or Nov. 10 from 5:15 to 6:15.  
\$36 for 6 weeks.  
No classes week of Thanksgiving. 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 it in a workout routine and you've got Zumba! Great for all ages and fitness levels.

Tuesdays beginning Sept. 20 or Nov. 8,  
5:15 to 6:15 p.m.  
\$36 for 6 weeks.  
No classes week of Thanksgiving. 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.

### 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, Room 6

### 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,  
Medical Pavilion, Fourth Floor, Room 10

### 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 make-up, wigs, scarves and hats that will best compliment your appearance. Registration is extremely important. Please call (800) 227-2345.

Second Tuesday of the month, 2:30 to 4 p.m.  
Medical Pavilion, Fourth Floor, Rooms 4 and 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.

Sept. 22, Oct. 20 and Nov. 3, 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.

Oct. 15, 9 a.m. to noon,  
Clinton Township hospital, Medical Pavilion,  
Fourth Floor, Conference Room 1  
Please call for pricing info.

### Reiki Practitioner Training

Both dates required. Please call for pricing info.

Level 1–Nov. 9 and Nov. 10, 5:30 to 9 p.m.  
Level 2 Nov. 16 and Nov. 17, 6 to 9 p.m.  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, Room 3

### 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 Sept. 12, Oct. 3, Nov. 7 or Dec. 5 at 6 p.m. Meet in hospital main lobby.  
Call (800) 532-2411 to register or for more information about our pregnancy and newborn education programs.

### Breastfeeding

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

Sept. 12, Oct. 3, Nov. 7 or Dec. 5, 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 tech-

niques 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.

Sept. 17, Oct. 15, Nov. 12 or  
Dec. 3, 8:30 a.m. to 4 p.m.  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, Room 3  
Cost: \$65

A three-week Childbirth Series on Wednesdays from 7 to 9:30 p.m. begins Oct. 5 or Nov. 30. 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. Use of essential oils will also be covered. Both parents are welcome to participate.

Sept. 15, 6 to 7 p.m., Cost: \$20, includes  
a 15 ml bottle of USDA organic lavender  
essential oil  
Clinton Township hospital,  
Medical Pavilion, Fourth Floor, 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

The Henry Ford Macomb Center for Weight Management offers three ongoing programs: the medically supervised Decision Free Diet, designed for those who wish to lose more than 30 pounds; Healthy Solutions for those seeking moderate weight loss; and Simple Choices, a less structured program. Weight loss classes take place at Shelby Township and Chesterfield Township Health Centers. For information, cost or to schedule an appointment, call (800) 756-9890 or visit [HenryFordMacomb.com/LoseWeight](http://HenryFordMacomb.com/LoseWeight).



# LIVEWELL

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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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# Breast Health BOOT CAMP



Featuring professional  
wellness chef  
Michelle Bommarito

**JOIN HENRY FORD MACOMB FOR OUR ANNUAL BREAST HEALTH BOOT CAMP.** This year's focus is nutrition as part of an overall healthy lifestyle. Wellness chef Michelle Bommarito, who has appeared on *The Food Network* and *Martha Stewart Living*, will provide a culinary demonstration on antioxidant-rich "power foods" to include into your diet. Henry Ford Macomb experts, including a breast cancer specialist, will also be on hand to answer your questions about breast cancer prevention.

**Oct. 6 from 6-8 p.m.**

**Henry Ford Macomb Medical Pavilion, Fourth Floor, Rooms 1, 2 and 3**

**\$10, includes healthy snacks and recipe samples**

*Reserve your spot by calling (800) 532-2411 or online at [henryford.com/bootcamp](http://henryford.com/bootcamp)*

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