

# LIVEWELL

FALL 2017

## WHAT'S INSIDE

p. 3 Should you get a 3-D mammogram?

p. 4 Six nutrition myths, busted

## FEATURED STORY

p. 6 Take care of your joint pain

## CALENDAR OF EVENTS

Sept 20 Functional Medicine for  
Breast Cancer Survivors

Oct 19 Seniors Staying Safe:  
Fall Prevention

Nov 12 Becoming a Big Brother  
or Sister



**HENRY FORD  
MACOMB HOSPITAL**





## Consumer Reports Recognizes HEART PROGRAM

HENRY FORD MACOMB WAS INCLUDED AS A TOP HEART HOSPITAL in the May 2017 issue of *Consumer Reports*, one of only three in Michigan and only a few in the Midwest that made the magazine's list out of almost 500 hospitals nationwide that share their data with the Society of Thoracic Surgeons.

## Wine Showcase Benefits Surgical Services

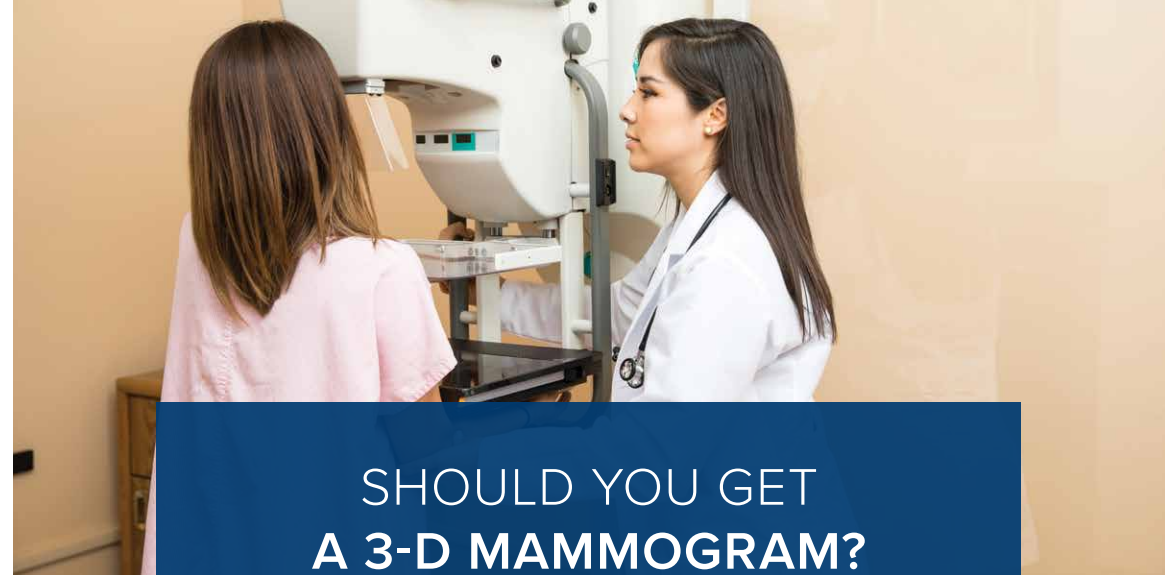
JOIN US FOR "A WINE SHOWCASE," a fundraiser for Henry Ford Macomb's Surgical, Cardiac and Interventional Radiology Services expansion project, on Wednesday, Sept. 13, at Penna's of Sterling. Hosted by Henry Ford Macomb's Ambassador Club, the event offers wine tasting, a strolling dinner and live music.

*For tickets, call (586) 263-2964 or visit [HenryFord.com/Showcase](http://HenryFord.com/Showcase).*

## Ride for Recovery on **SEPT. 23**

RIDE FOR FITNESS AND SUPPORT THOSE BATTLING DRUG ADDICTION at Ride for Recovery on Saturday, Sept. 23. The event takes place at Lake St. Clair Metropark and is co-sponsored by CARE of Southeastern Michigan and Henry Ford Macomb Hospitals.

*For more information, go to [CareOfSEM.com/events](http://CareOfSEM.com/events).*



## SHOULD YOU GET A 3-D MAMMOGRAM?

Breast cancer affects about one in eight women in the United States. According to the American Cancer Society, more than 246,000 women will be diagnosed with breast cancer this year.

### DO YOU KNOW WHAT TYPE OF MAMMOGRAM YOU SHOULD BE GETTING?

The difference between a standard and 3-D mammogram, also known as a digital breast tomosynthesis (DBT), is that 3-D mammograms decrease the possibility that cancer will be covered up by dense tissue.

Standard mammography takes two X-ray images of the breast – one from top to bottom and another from side to side. A 3-D mammogram takes multiple X-ray images from different angles to create a 3-D picture of the breast, which allows radiologists to see thin sections of breast tissue. Standard mammograms are efficient for women with fatty breast tissue, but for those with dense breasts, 3-D mammograms detect cancer a standard one might have missed.

The process of getting a 3-D mammogram is the same as a standard mammogram – it just takes slightly longer, as patients are scanned in each position for an additional 90 seconds.

### HOW DO YOU KNOW IF YOU HAVE DENSE OR FATTY BREASTS?

Women can't determine on their own if they have dense or fatty breasts.

Density is not related to breast firmness. The classification can only be determined by the results of a mammogram.

In 2015, the Michigan Breast Density Notification Law went into effect, which requires mammography providers to inform their patients if they have dense breasts and thus may need a 3-D mammogram to get more accurate results. If you don't know, ask your doctor.

*3-D mammogram technology is available at Henry Ford Macomb Hospital. To schedule a 3-D or digital mammogram, call (586) 203-1600.*



## 6 NUTRITION MYTHS, BUSTED.

**NO MATTER WHAT YOUR HEALTH GOALS ARE**, it's important to separate fact from fiction with regard to nutrition. Here are six common nutrition misconceptions explained.

**1. DOES EATING A LATE-NIGHT SNACK PACKS ON POUNDS?** Not necessarily. A calorie is a calorie when it comes to providing energy, no matter what time it's consumed. While studies show that people who eat most of their calories in the evening tend to be more overweight, it's most likely because those folks routinely overindulge after dinner, and that's what's sabotaging their weight loss efforts.

**2. CAN EATING EXTRA PROTEIN BUILD MUSCLE?** No, stressing the muscle through workouts is what leads to more muscle. To feed that growth, the body requires calories and protein. But most people already get far more protein than they need. If you're at a healthy weight, multiply your weight by 0.45 to get your weight in kilograms and then multiply that number by 0.8 to determine how many grams of protein you need each day.

**3. ARE CRAVINGS A SIGN OF A NUTRIENT DEFICIENCY?** People are most likely to be deficient in calcium, fiber, potassium and vitamin D, yet those nutrients are rarely present in frequently craved foods. Instead, people report craving rich fare like pizza or ice cream, which fill an emotional rather than physiological need.

**4. DO YOU NEED EIGHT GLASSES OF WATER A DAY TO STAY HYDRATED?** Hydration requirements vary based on your activity level and environment. Another variable: Food! If you munch on water-rich foods all day (think melons, cucumbers and other produce), you may meet much of your fluid needs that way.

**5. CAN FASTING CLEANSE THE BODY OF TOXINS AND REDUCE INFLAMMATION?** Your liver works every day at detoxing while your kidneys, colon and lungs work on releasing those toxins. Fasting, especially if you have any liver or kidney disease, can actually further damage these organs.

**6. SHOULD YOU EAT SEVERAL SMALL MEALS RATHER THAN THREE SQUARES?** While experts often suggest eating 5-6 small meals each day, studies show 2-3 meals per day are A-Okay, too. The goal is to keep blood sugar levels steady (so you're not tempted to overindulge) and to only consume the amount of calories your body needs each day. A small healthy snack during the day may help accomplish this too.

*Find more nutrition and fitness advice online at [HenryFordLiveWell.com](http://HenryFordLiveWell.com) or connect with our [Henry Ford Macomb Center for Weight Management at HenryFordMacomb.com/LoseWeight](http://HenryFordMacomb.com/LoseWeight).*

### JICAMA-MANGO SALAD WITH SPICY LIME VINAIGRETTE

#### Ingredients:

1 jicama, peeled and julienned	2 tbsp olive oil
2 mangos, peeled and julienned	1/8 tsp of cayenne pepper
2 oranges, peeled and chopped	1/4 tsp salt
zest of 1 lime	3 tbsp sliced almonds
juice of 2 limes	4 tsp cilantro, chopped

#### Directions:

Place the jicama, mango and orange in a large bowl. In a small bowl whisk together the lime zest, lime juice, olive oil, cayenne, salt and pepper. Drizzle the dressing over the salad and toss to make sure everything is evenly coated. Sprinkle sliced almonds and cilantro on top.





*Mark Ellis, Henry Ford  
Macomb Hospital Joint  
Replacement Patient*

## FIND RELIEF FROM CHRONIC JOINT PAIN

**WE ALL RELY ON OUR JOINTS TO HELP US MOVE, AND HURDLES LIKE KNEE AND HIP PAIN CAN GET IN THE WAY OF DAILY ACTIVITIES.** Even simple tasks that you used to do with ease, like taking a walk or home repairs, may cause pain, which is why it's important have access to the most advanced procedures and top specialists to help you improve your quality of life.

Joint replacement surgery is a highly effective way of eliminating pain caused by arthritis or worn out joints. It can help improve mobility and get you back to enjoying an active lifestyle.

At Henry Ford Macomb Hospital's Center for Joint Replacement, we offer innovative techniques performed by experienced joint replacement surgeons in a facility that is designed around the patient. Our program offers rapid recovery, high quality outcomes and exceptional patient satisfaction.

### GETTING STARTED

Prior to surgery, most patients have been on anti-inflammatory medication and have exhausted injections to the point that a more

permanent solution is needed. An initial visit with a Henry Ford orthopaedic surgeon starts the educational process and discussion of options, which is then followed by a preoperative joint class with our nursing and therapist team.

Patients typically go home the day after surgery, and in 24 hours, they have walked the halls, completed stairs and can take care of themselves with minimal help. Physical therapy continues at home, and most patients are feeling back to normal in just a few months.

*Take the first step toward achieving joint pain relief. Visit [HenryFord.com/JointPain](http://HenryFord.com/JointPain) or call (800) 532-2411 to connect with a joint replacement surgeon.*

## Meet MARK ELLIS

Mark Ellis of Richmond suffered excruciating pain from a former ACL injury and arthritis in the knee, but fear and anxiety kept him from seeking medical treatment. Eventually, he needed the assistance of crutches just to walk.

He finally met with Eddie El-Yussif, D.O., an orthopaedic surgeon at Henry Ford Macomb Hospital. Dr. El-Yussif inspired Mark's trust and confidence and performed his knee replacement surgery in April 2017.

Mark, 57, was amazed to have the minimally invasive surgery in the morning and be discharged and back in his own home later that same night. After three months of physical therapy at the new Henry Ford Macomb Health Center in Richmond, he is back to activities he loves, including chopping wood and even riding a unicycle.

"I'm a brand new man. My wife says she's never seen me smile like this. I hope my story will help to put someone else's mind at ease if they are contemplating surgery," Mark said.



## Calendar of EVENTS

Registration required at (800) 532-2411 except where noted. Classes are free unless a fee is listed. Before beginning any new exercise program, please be sure to consult with your doctor.

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

*Trained facilitators teach families how to plan for medical decisions based on medical conditions, goals of care and faith and values, and complete an advance directive.*

To schedule, call (586) 263-2993.

### Bariatric Surgery Overview

**OCT. 26 AT 11 A.M.; SEPT. 11, OCT. 9, NOV. 13 OR DEC. 11 AT 6:30 P.M.**

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

**SEPT. 25 OR NOV. 27, 6:30 P.M.**

Henry Ford Macomb Health Center-  
Chesterfield Township

### Bariatric Support Group

*Drop in weekly discussions on post-surgical weight management.*

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

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

### Bereavement Support

**SIX WEEK SERIES RUNS THURSDAYS STARTING SEPT. 21, 7-8:30 P.M.**

**NOV. 16, COPING WITH THE HOLIDAYS, 7-8:30 P.M.**

Clinton Township Hospital, Medical Pavilion, Fourth Floor

Register at (586) 276-9570.

### Blood Drive

*Visit [redcross.org](http://redcross.org) and enter code HENRYFORDMACOMB or call (800) 733-2767 for an appointment.*

**OCT. 23, 7 A.M.-7 P.M.**

Clinton Township Hospital, Medical Pavilion, Fourth Floor

### Blood Pressure Screenings

*Free walk in screening to ensure your numbers are within normal range.*

**SEPT. 14, OCT. 12, NOV. 9, DEC. 14, 11 A.M. TO 1 P.M.**

Clinton Township Hospital Lobby

### Diabetes Prevention Program

*Learn how to change your lifestyle to prevent type 2 diabetes. For dates, locations and to register, call (800) 532-2411 or email [dppregistration@hfhs.org](mailto:dppregistration@hfhs.org).*

### Heart Smart Screening

*Our screening has something no other area hospital offers – a one-on-one review of your results with a board-certified cardiologist. The \$99 Heart Smart Screening includes a 12-lead EKG to measure electrical activity of the heart, blood pressure, body mass, blood glucose and lipid profile checks. A 12-hour fast prior to the screening is required.*

Saturdays, call for appointment at (586) 263-2680.

### Joint Replacement Seminars

*Learn more on joint pain and joint replacement from an orthopedic surgeon. Light refreshments.*

**SEPT. 7, 5:30-7 P.M.**

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

### Relaxation Yoga

**MONDAY SESSIONS BEGIN SEPT. 18 OR NOV. 6, 4:45-5:45 P.M. THURSDAY SESSIONS BEGIN SEPT. 21, 6:30-7:30 P.M.**

**\$42 FOR 6 WEEKS. \$28 FOR FOUR-WEEK CLASS BEGINNING NOV. 9. NO CLASSES WEEK OF THANKSGIVING.**

MORC, 16200 19 Mile Road  
Clinton Township, 48038

### Seniors Staying Sharp

*Join gerontologist Marcia Relyea for an all new discussion designed to recharge your mental batteries.*

**SEPT. 28, 1:30-3 P.M.**

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

### Seniors Staying Safe: Fall Prevention

*Learn prevention that will help you decrease your likelihood of injury and stay healthy and independent.*

**OCT. 19, 10-11:30 A.M.**

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

### Strength, Tone and Stretch

**THURSDAYS BEGINNING SEPT. 21, 5:15-6:15 P.M.**

**\$42 FOR 6 WEEKS. \$28 FOR FOUR-WEEK CLASS BEGINNING NOV. 9.**

MORC, 16200 19 Mile Road, Clinton Township, 48038. No classes week of Thanksgiving.

### Zumba

**TUESDAYS BEGINNING SEPT. 19 OR NOV. 7, 5:15-6:15 P.M.**

**\$42 FOR 6 WEEKS.**

MORC, 16200 19 Mile Road, Clinton Township, 48038. No classes week of Thanksgiving.

### CANCER CARE

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

### Creative Art Group

*Exercise your creativity and enhance your ability to cope with a cancer diagnosis.*

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

Clinton Township Hospital, Medical Pavilion, Fourth Floor, Room 4

### Cancer Patient Support Group

*Offers patients an opportunity to express their feelings and concerns. Facilitated by a professional counselor. Registration not required.*

**MONDAYS, 1:30-3 P.M.**

Medical Pavilion, Fourth Floor, Rooms 4 and 5





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

### Family/Caregiver Support Group

*Facilitated by a professional counselor, group offers the chance to discuss concerns and get practical tips. Registration not required.*

**FRIDAYS, 10:30 A.M.-NOON**

Medical Pavilion, Fourth Floor, Room 10

### Gentle Yoga

**SEPT. 1, 15 AND 29, OCT. 13 AND 27, NOV. 10 AND 24, DEC. 8 AND 22; 12:15-1:15 P.M.**

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

Reserve your spot at (586) 263-2237.

### Head and Neck Cancer Support

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

Henry Ford Macomb Health Center-Shelby Township, 50505 Schoenherr, Suite 020

Facilitated by a speech and language pathologist.

### Look Good...Feel Better

*Sponsored by the American Cancer Society, this class is for women undergoing cancer treatment. A cosmetologist shows how to choose make-up, wigs, scarves and hats that best complement your appearance. Registration required at (800) 227-2345.*

**OCT. 10 OR DEC. 12, 2:30-4 P.M.**

Medical Pavilion, Fourth Floor, Rooms 4 and 5

### Mindful Meditation

**FIRST AND THIRD THURSDAYS, 10-11 A.M.**

Medical Pavilion, Fourth Floor, Room 5

### Mood Music

*Experience the use of music to improve your mood.*

**FIRST AND THIRD TUESDAYS, 10-11 A.M.**

Medical Pavilion, Fourth Floor, Room 9

### Functional Medicine for Breast Cancer Survivors

*Dr. Elizabeth Swenor will discuss functional nutrition and the prevention of breast cancer recurrence.*

**SEPT. 20, 6:15-8 P.M.**

Clinton Township Hospital, Medical Pavilion, Fourth Floor, Room 2

RSVP to (586) 263-2237.

### COMPLEMENTARY MEDICINE

*Call (586) 263-2837 to register for these classes or services.*

### Personal Intro to Reiki

*Reiki is an ancient, hands-on relaxation technique that promotes health and wellness.*

**SEPT. 18, OCT. 19 OR NOV. 16, 6-7:30 P.M.**

Clinton Township Hospital, Medical Pavilion, Fourth Floor

### Reiki for Kids

*Teaches kids 6-12 and a parent/guardian how to perform and experience this holistic healing approach. Has been known to help relieve symptoms of ADD/ADHD, childhood traumas and grief. Practice giving Reiki to our therapy dogs. Call (586) 263- 2837 for pricing.*

**OCT. 21, 9 A.M. TO NOON**

Clinton Township Hospital, Medical Pavilion, Fourth Floor, Rooms 2 and 3.

### Reiki Practitioner Training

*Call (586) 263-2837 for pricing.*

**LEVEL 1:** Sept. 12 and 14, both days, 5:30-9 p.m.

**LEVEL 2:** Oct. 21, 9 a.m.-5 p.m.

**Advanced:** Nov. 11, 9 a.m.-5 p.m.

**REIKI MASTER TRAINING, BOTH DAYS, DEC. 2 AND 3, 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. Call (586) 263- 2837.*

### 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.*

### Becoming a New Big Brother or Sister

*For children ages 3 to 10 whose parents are expecting a new baby. Children will make greeting cards, see a real baby in the nursery, and listen to a book read about becoming a big brother or sister.*

**NOV. 12, 1-2:30 P.M.**

Clinton Township Hospital, Medical Pavilion, Fourth Floor

### Breastfeeding Classes

**SEPT. 11, OCT. 9, NOV. 6 AND DEC. 4 7-9:30 P.M., COST: \$20**

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

### Childbirth Workshop

*One-day workshop covers labor and delivery, labor-coping techniques, baby care for the first 30 days and a tour of our Birthing Center. Cost: \$65*

**SEPT. 23, OCT. 14, NOV. 11 AND DEC. 2 9 A.M. TO 4 P.M.**

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

### Childbirth Series

*3-week series Wednesdays, 7 to 9:30 p.m. begins Sept. 13 or Nov. 1. Also covers pre-natal and infant massage techniques and use of essential oils. Cost: \$65*

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

### Infant Massage Class

*Learn the benefits of massage for infants 3 weeks to 18 months. Cost: \$20*

**SEPT. 19, 6-7 P.M.**

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:

Fraser Center at (586) 285-3999

Chesterfield Center at (586) 421-3052

Bruce Township Center at (810) 798-6418

Shelby Township Center 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.

# TAKE CARE FOR BREAST CANCER PREVENTION



**ALL FOR YOU** We offer several events this October in recognition of Breast Cancer Awareness month, including our annual Breast Health Boot Camp. This event features insights from our breast cancer experts, stress-reducing chair yoga, and a cooking demonstration for breast cancer prevention from professional chef, Michelle Bommarito.

**To see Boot Camp locations and other events in your area,**  
visit [henryford.com/breasthealth](https://henryford.com/breasthealth)



**HENRY FORD MACOMB HOSPITAL**  
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Clinton Township, MI 48038

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for the deaf and hard of hearing.

*Call (800) 532-2411 to request  
assistance.*



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