

LIVE WELL

Spring 2020



HENRY FORD
MACOMB HOSPITALS

HEALTHCARE DESIGNED WITH YOU IN MIND

ALTHOUGH THE WORLD HAS CHANGED, OUR COMMITMENT TO PROVIDING THE SAFEST CARE ENVIRONMENT POSSIBLE HAS NEVER WAVERED. The recent health crisis challenged us to go even farther, imagining new, creative ways to deliver care that's safer for everyone. From emergency visits and surgical care to hospitalization and outpatient appointments, your safety remains our first priority.

We have new standards in place that allow us to safely provide medical care to you and your family whenever you need it.

These include:

-  All patients, visitors and staff are screened for COVID-19 symptoms (temperature checks included) before entering our facilities. Those who show signs of illness are given proper medical care.
-  Visitor restriction rules are enforced.
-  All patients, visitors and staff are required to wear masks at all times. Those who need a mask receive one upon entry.
-  Staff must wear appropriate personal protective equipment when providing care, and adhere to strict handwashing protocols.
-  All patients are tested for COVID-19 before any procedure or surgery.
-  Social distancing measures are enforced in elevators, waiting areas, lobbies, cafeterias and more.
-  Enhanced cleaning practices are mandatory: common areas like waiting rooms and lobbies are disinfected even more frequently than before.

When it comes to your health, we know that some things can't wait. We also understand that you may be worried about seeking care at your doctor's office or hospital. But the current health crisis shouldn't prevent you from getting the medical care you need, no matter your condition or concern.



Visit [HenryFord.com](#) for more information about how we are here and ready to help. Concerned you may have contracted COVID-19? Visit [HenryFord.com/CovidTool](#) to use our online screening tool to assess your risk.

HEALTHCARE GOES VIRTUAL: IS IT RIGHT FOR YOU?

OVER THE PAST FEW MONTHS, HEALTHCARE EXPERTS HAVE HAD TO QUICKLY DECIDE HOW TO SAFELY CARE FOR THEIR PATIENTS. To help reduce the spread of COVID-19, many in-person doctor's visits have been moved online to provide virtual care.

WHAT IS VIRTUAL CARE?

The concept was originally designed to offer busy patients a more convenient way to get the care they need in the privacy of their home or workplace. During the COVID-19 pandemic, it has become an invaluable way to minimize virus transmission while providing patients with the care they need.



WHEN TO USE VIRTUAL CARE

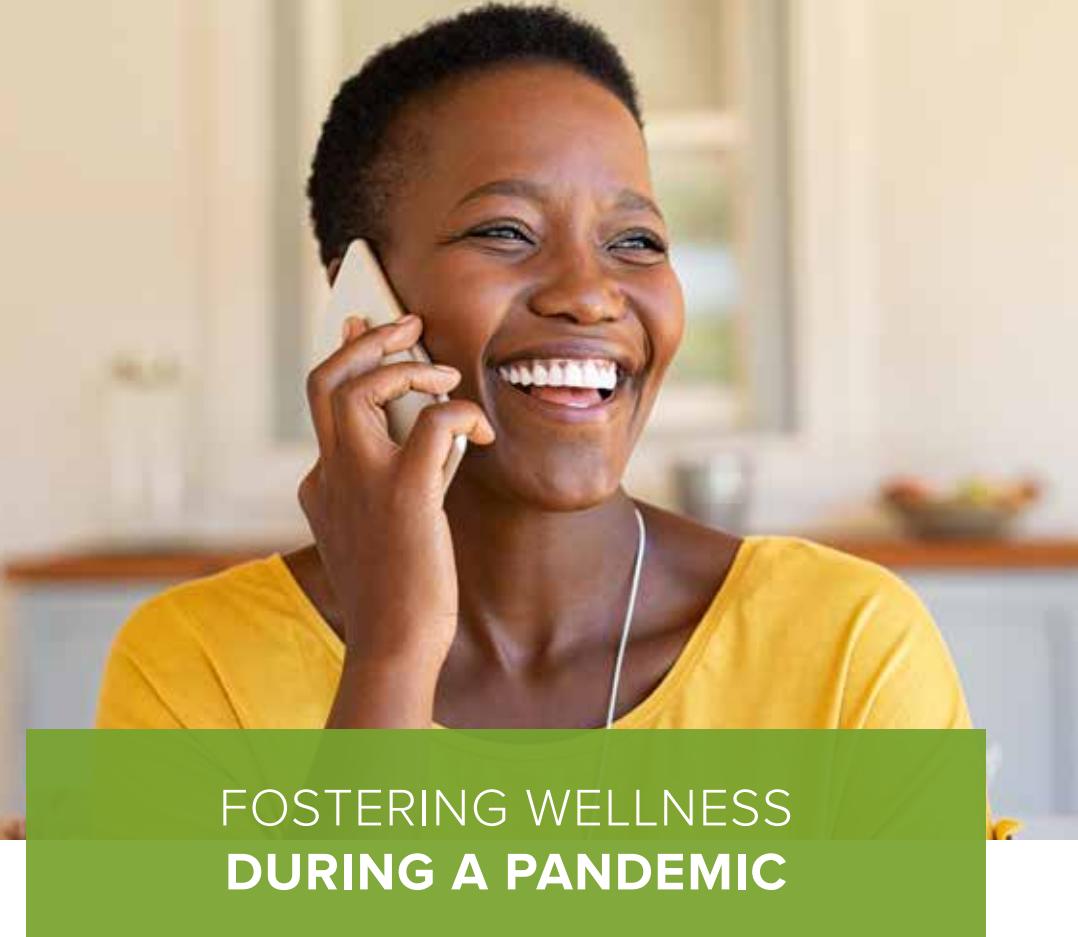
Virtual visits can connect you with your current physician, or provide you with a new one. Many of our physicians, both primary and specialty care, are seeing patients through on-demand and scheduled video visits.

Here are a few situations when a virtual care visit could work for you:

- **YOU NEED QUICK ACCESS TO A PRIMARY CARE PHYSICIAN.** Use a video visit on-demand for quick and convenient access to a Henry Ford primary care doctor whenever you need immediate, non-emergency care.
- **YOU NEED TO CONNECT WITH A SPECIALIST OR ARE LOOKING FOR A SECOND OPINION.** Virtual care visits have been expanded to include current and newly diagnosed cancer patients, joint replacement and brain tumor patients, providing you better access to the most advanced care options where you are most comfortable.
- **YOU ARE RECOVERING FROM SURGERY AND NEED A FOLLOW-UP APPOINTMENT FOR POST-SURGERY CARE.** If you are still on the mend after a procedure, leaving your house can be challenging. Virtual visits allow you to connect with your doctor for follow-up care from the comfort of your home.

If virtual care is right for you, talk to your insurance provider to make sure these types of visits are covered in your plan.

Virtual Care visits are accessible through Henry Ford MyChart. To get started, download the MyChart app or log on to your MyChart account on a laptop or computer with a web camera. Visit HenryFord.com/VirtualCare to learn more.



FOSTERING WELLNESS DURING A PANDEMIC

OVER THE PAST MONTH, CONCERNS ABOUT THE SPREAD OF THE NOVEL CORONAVIRUS, COVID-19, HAVE TURNED OUR DAILY LIVES UPSIDE DOWN. In the midst of this change, most of us are rightfully concerned about our health and well-being.

COVID SURVIVAL SKILLS

How do you maintain some sense of normalcy during times of crisis? Focus on how you can survive and maybe even thrive during this unsettling time. Tending to different dimensions of health and well-being can help you remain grounded during times of change.

LIVE WELL

It's important to find ways to manage stress and reduce anxiety during this unprecedented time. You have more control over your stressors than you think. A few ideas:

- Limit the news. Watching the news all day can increase anxiety levels.
- Take advantage of stress management techniques. Meditate, take deep breaths and write in a journal.
- Stay in touch with friends and family through phone calls, online games, video chats and virtual happy hours.

LIVE WELL

EAT WELL

It's important to minimize excursions to the grocery store to limit the spread of COVID-19. Consider online grocery shopping or home delivery options. Grocery stores have been limiting the purchase of specific items, so eating well can be difficult. Make it more manageable with these strategies:

- Purchase shelf-stable and frozen foods.
- Take inventory of the items in your kitchen and get creative with cooking. Choose a recipe website where you can plug in ingredients you have on hand and see what pops up.
- Pay attention to portion sizes. Maintain regular eating habits as much as possible and minimize your reliance on takeout.

MOVE WELL

Exercise is critical for both mental and physical health. Take advantage of virtual workouts and the great outdoors while gyms are closed.

- Go for a brisk walk or run.
- Hop on your bicycle for a tour of your neighborhood.
- Create an obstacle course at your home. Include activities like jumping jacks, pushups and squats. Then challenge your loved ones to virtual competitions.



HENRY FORD COMMUNITY EMOTIONAL SUPPORT LINE

With the current health crisis, we are all dealing with new emotions and stresses that can feel overwhelming. If you're having feelings of anxiety or sadness that won't go away, or are worried about excessive drinking or drug use, we're here for you. Our licensed therapists are available to provide an assessment and guide you to community resources that can help.

Call us today (313) 874-0343
Open daily, 7 a.m. to 11 p.m.
Open to adults and teens



WHY DOES IT TAKE SO LONG TO CREATE A VACCINE?

UNTIL A VACCINE FOR COVID-19 IS APPROVED, SOCIAL DISTANCING MEASURES ARE THE MOST EFFECTIVE WAYS TO PREVENT THE SPREAD OF THIS NOVEL RESPIRATORY VIRUS. Vaccines have eradicated tons of deadly illnesses throughout history and they've greatly increased the average life expectancy.

"When you receive a vaccination, your body develops an immune response to a weakened or altered virus," says Marcus Zervos, M.D., an infectious disease specialist with Henry Ford Health System. "Your body builds up antibodies so if you're exposed to that virus in the future, you can fight it off before you get an infection."

Dr. Zervos says the earliest a COVID-19 vaccine could be ready for widespread use would be early 2021 — and if that's the case, it will be the fastest a vaccine has ever been developed.

STEP-BY-STEP: HOW A VACCINE IS MADE

So, why does it take so long to develop a vaccine? To answer that question you need to know how a vaccine is created.

1. Determine the genetic sequence of the virus. Thankfully, scientists cracked COVID-19's code in record time.
2. Develop a vaccine using one of a few different strategies. These include:
 - Inactivate the virus so that, while keeping its major components, it won't cause infection.

- Heavily weaken a strain of the vaccine so that it won't cause infection. Technically, it will still be alive, but it won't be strong enough to cause harm. This is how both the measles and some flu vaccines have been created.
- Pull out specific components of the virus and use that as a vaccine, so that your body will recognize it and build up antibodies without getting an infection. This is a fairly novel way of creating a vaccine, and it's one method that's being used with COVID-19.

3. Start the first clinical trials using healthy, normal volunteers.

"The first clinical trials measure the antibodies in the blood and ensure there aren't any dangers associated with the vaccine," says Dr. Zervos.

4. Begin the second round of clinical trials in larger populations of people who are at risk for infection. Any adverse side effects are recorded.

5. Approve vaccine for widespread use. When scientists are confident that a vaccine works, it gets mass-produced for large populations.

Although these steps may seem straight forward, each phase takes time and coordination from researchers and doctors in order to ensure safety and precision. The more conscientious they are the first time, the higher the likelihood they'll get it right on the first try.

For up-to-date information about Henry Ford Health System's response to the coronavirus, visit HenryFord.com/Coronavirus.





HAVING A HEALTH EMERGENCY? **DON'T WAIT TO GET CARE.**

WHILE THE COVID-19 PANDEMIC IS AN URGENT HEALTH CRISIS — AFFECTING COUNTLESS PEOPLE ACROSS THE GLOBE — MANY OTHERS ARE STILL SUFFERING FROM SERIOUS HEALTH CONDITIONS THAT AREN'T RELATED TO THIS NOVEL RESPIRATORY VIRUS. But the number of people visiting the emergency room for non-coronavirus conditions has decreased dramatically, and doctors are worried.

"It's not just in emergency departments, but urgent care and walk-in clinics, too," says Usamah Mossallam, M.D., MBA, an emergency medicine doctor with Henry Ford Health System. "The question is, where are these patients going? I worry about those with stroke, heart attacks, heart failure, kidney disease and uncontrolled diabetes. The fear is that they're trying to wait it out because they think we're only caring for COVID-19 patients. Many may be afraid to come to the hospital for fear of contracting the virus. But if they hold off, their conditions could become even more serious."

In the case of heart attack or stroke, your life depends on fast action. Every 40 seconds someone has a stroke, and delayed diagnosis and treatment can result in permanent disability or death. And with sudden cardiac arrest, survival rate drops 7 to 10 percent with every minute that passes, so it's important to seek immediate treatment.

OPEN AND READY

Emergency departments across the country are open and ready to safely handle any emergency scenario, not just those who have COVID-19. Hospitals are taking extreme precautions to prevent virus transmission.

At Henry Ford, two separate areas are set up at each ER location, one for COVID-19 patients and one for everyone else. Patients are screened twice for COVID-19 symptoms, separate healthcare workers are assigned to treat COVID-19 patients, and masks are worn by all staff, patients, and visitors.

WHY QUICK ACTION MATTERS

"Those experiencing emergency situations risk much more by staying at home than by coming into the emergency room," says Dr. Mossallam. Chest pain that ends up being a heart attack could result in heart failure; a stroke could result in paralysis and speech problems, high blood sugar levels due to diabetes could lead to a coma, kidney failure, nerve damage, or blindness.

Another key example of the risks of waiting to get care is when someone is having symptoms of a stroke. With stroke, for every one-minute delay in treatment, about 1.9 million brain cells die, which results in an average of 10 more days' worth of recovery time from disability. That means, for a ten-minute



delay, a patient might expect 100 more days of recovery, and for a 60-minute delay, that can equal almost two years of recovery — if they survive the stroke.

WHAT IF IT'S NOT QUITE AN EMERGENCY?

If, however, you have mild symptoms of an illness or a less serious health concern (a cough, runny nose, allergies, skin rash, or urinary tract infection, for example) contacting your doctor for advice is appropriate.

Your doctor may suggest a video visit if an in-person visit isn't necessary. If you do need to be seen, doctors' offices and clinics are also taking precautions to ensure that care can be provided safely.

"But when in doubt, go to the emergency room," says Dr. Mossallam. "Stroke teams, neurologists, cardiologists, trauma and orthopedic surgeons—all types of doctors are ready and equipped to treat any type of emergency, not just COVID-19. It's important for people to know that if they are sick, emergency departments will take great care of them while also keeping them safe."

Be prepared and know where to go. Visit HenryFord.com/Emergency and download the Henry Ford Get Care Now app.

IS IT AN EMERGENCY?

RECOGNIZE THE WARNING SIGNS.

An emergency medical situation can happen in a split second. **If you notice one or more of the below signs call 911 or go to the emergency room right away.**

- Weakness in the face, arms or legs
- Confused or slurred speech
- Loss of vision
- Inability to walk
- Sudden unexplained headache
- Severe chest or abdominal pain
- Incessant vomiting
- Unconsciousness
- Seizures
- Severe shortness of breath or inability to breathe





CLASSES

FREE NARCAN TRAINING OFFERED ONLINE

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for community members who want to learn how to administer the life-saving antidote for a narcotics overdose. Participants will receive a free kit by mail with two doses of Narcan in nasal-spray form.

Visit FamiliesAgainstNarcotics.org/Narcan for more information, training dates and to register.

EXPECTANT AND NEW PARENTS

Several Henry Ford Health System birthing classes are now available as online virtual programs. Learn the same material as the traditional in-person classes from a remote, safe environment. You will be able to share videos and have your questions answered, just like in the classroom setting. Classes are two hours long and take place via Skype. See below for a list of all classes and costs.

Childbirth Preparation - \$65 per couple (set of 3 classes)

Topics include stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills, and postpartum.

Infant Care - \$25 per couple

An introduction to newborn care. This class will help parents learn the basics of caring for and understanding your newborn baby's needs.

Breastfeeding - \$25 per couple

This class presents the benefits and basics of breastfeeding. Learning the best practices will give you an early, great start to breastfeeding.

Breastfeeding Support Group

Visit HenryFord.com/Classes or call (248) 325-0037 for more information, including dates, times, and registration.

WEIGHT MANAGEMENT

Don't let the chaos of the COVID-19 pandemic derail your weight loss goals. While normal schedules and routines have been disrupted, the structure and support offered by our virtual weight loss programs are more important than ever. Henry Ford Macomb's Center for Weight Management offers individual coaching, group support and accountability to help you successfully achieve your weight loss goals, all from the comfort of your own home. Special pricing for this program is available through August.

Call (586) 323-4800 or email weightinfo@hfhs.org to get started.

*WAIT AT HOME.
WALK IN WHEN YOU'RE NEXT.*



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LIVEWELL IS PUBLISHED by

Henry Ford Health System.

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.

SAME DAY CARE Warmer weather is bringing an increase in outdoor injuries, from fractured wrists and cuts that require stitches to bad bug bites. Don't let the COVID-19 pandemic stop you from seeking care. At our walk-in and urgent care clinics, you can make your reservation online and even get a text when we're ready for you, so no time is spent in a waiting room! With safety precautions in place, we are ready to serve you and your family.

Clinics Near You: Bruce Township, Chesterfield Township, Fraser, Richmond,
Shelby Township and Sterling Heights

Reserve your spot online. HenryFord.com/skipthewait

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