

# short takes

#### WHAT'S HOT THIS FALL?

## DON'T MISS 'A NIGHT TO KNOCK YOUR SOCKS OFF'

Spend an evening with nearly 1,000 of your closest "friends" at the annual ladies night out event on Oct. 28 from 5 to 10 p.m. at Penna's of Sterling. Participants will enjoy shopping, a fabulous five-course dinner and entertainment. The theme is "The Great Catsby."

Tickets are \$65, and proceeds will benefit
Surgical Services at Henry Ford Macomb Hospital.
Tickets may be purchased online at
HenryFordMacomb.com/socks or by calling the
Office of Philanthropy at (586) 263–2968.



#### **CARE FOR A CUP OF TEA?**

Drinking tea can boost the body's defense against disease.

A chemical in tea called L-theanine primes immune system cells to attack bacteria, viruses and fungi and could, perhaps, be turned into a disease-fighting drug someday, according to a report in the *Proceedings of the National Academy of Sciences*. L-theanine is found in black, green and oolong tea. Keep these tips in mind to get the most from your cup of tea:

- How tea is processed determines whether it is classified as green, oolong or black. Green tea, produced when fresh-picked tea leaves are steamed or heated, is the least processed. As a result, it contains higher levels of antioxidants than black tea, which is fermented and oxidized.
- Herbal teas come from the leaves of a variety of plants. Only green, black and oolong teas are authentic teas.
- Faster isn't better when it comes to health benefits. To get the maximum benefit from your tea, experts suggest steeping a tea bag in water for five minutes.
   This gives the antioxidants time to be released.

 Be wary of supplements. You can buy supplements that contain concentrated tea extracts, but regular tea in your cup is a safer bet.

# DO 'TIP-OF-THE-TONGUE' MOMENTS SIGNAL MEMORY DECLINE?

"Tip-of-the-tongue" experiences — when you can't recall the name of something you know — can be embarrassing for people of all ages.

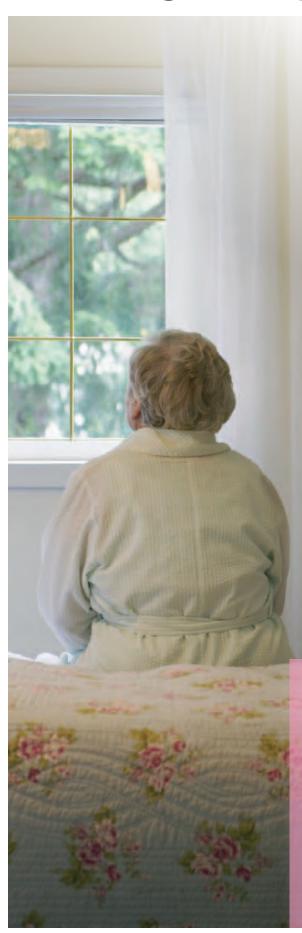
Older people are more likely than younger people to have tip-of-the-tongue moments. But after accounting for various factors, the researchers in a recent study found that age-related increases in tip-of-the-tongue moments were not linked with actual memory decline that is associated with conditions like dementia.

#### **Techniques to maintain memory:**

- Use "to-do" lists, notes and calendars to help you remember important events.
- Find a hobby or get involved with activities that challenge your mind.
- Stay physically active.
- Limit your alcohol intake.

# Nothing to fear BUT FEAR ITSELF

## Examining anxiety disorders in senior citizens



ona\* admits she's always been a bit of a worrier. But when playing a regular Thursday evening card game with friends, she suddenly felt overcome with anxiety and had to leave the room to pull herself together. Over the next few months, during events like her grandchildren's school performances and church gatherings, she fought to suppress waves of panic and the urge to flee the premises.

#### SHE'S NOT ALONE

"About one in five seniors have anxiety disorders, whether it's general anxiety disorder (GAD), which is what Rona experienced, or specific phobias," says Henry Ford Macomb psychiatrist Robert Lagrou, DO.

"While many of these grow slowly over time – many patients recall being anxious as children – the anxiety becomes more problematic with age. Anxiety is about the unknown, and many seniors are facing changes in their health or the health of a loved one, the loss of a loved one or losing the ability to do things they used to do. And while a certain amount of anxiety is normal when facing these types of situations, if after a few months you are not functioning at your usual level, it's important to talk with a physician."

Dr. Lagrou adds that many anxiety symptoms, such as tightness in the chest or breathlessness, can mimic other serious medical conditions, adding to the importance of seeking medical attention.

Anxiety disorders can be treated:

- For mild to moderate anxiety, treatment may consist of talk therapy or psychotherapy, in which a trained professional walks through sources of anxiety with the patient and provides tools to help them get through the day.
- For moderate to severe anxiety, the treatment may be a combination of medication and psychotherapy.

"The goal is recovery," Dr. Lagrou emphasizes. "I've talked with seniors who think that persistent anxiety is just part of aging. This is not the case – most people do not have these problems, and it is something you can recover from. If anxiety is getting in the way of your doing things you like to do, or if it's impacting your relationships, talk with your personal care physician. He or she can provide an evaluation and refer you to the appropriate resources."

\*Not her real name

### **HELP IS CLOSE AT HAND**

**Henry Ford Health System offers** comprehensive Behavioral Health Services throughout southeast Michigan, including: Emergency psychiatric evaluation 24/7 in Mt. Clemens; acute inpatient psychiatric care in Mt. Clemens and Ferndale; alcohol and chemical dependency treatment in West Bloomfield; and outpatient services throughout southeast Michigan, including

care by psychiatrists and therapists in a new Clinton Township office across from Henry Ford Macomb Hospital.

To reach Behavioral Health Services in the Macomb region, call (586) 226-7007. For services elsewhere in southeast Michigan, call (800) 422-1183.

# Ladi

# Ladies: Do you know

# Each year, 425,000 women have a stroke. Yet one in five women can't name the signs.

More women than men have strokes. It's the third leading cause of death among women, and every year, strokes kill twice as many women as breast cancer. More than 100,000 strokes occur yearly in women younger than 65. Still, many women are unaware of their risk for this potential killer.

"As women, we hear a lot in the media about breast cancer and heart disease, but not stroke," says Henry Ford Macomb internal medicine specialist Jacqueline Moore, DO. "We have a lack of awareness, especially about ways to prevent stroke and recognizing the acute symptoms."

#### THE STROKE OF 12

Know these 12 symptoms of stroke – five general stroke symptoms and another seven symptoms unique to women:

- Sudden numbness or weakness of face, arm or leg — especially on one side of the body
- **2.** Sudden confusion, trouble understanding speech or slurred speech
- 3. Sudden trouble seeing in one or both eyes
- **4.** Sudden trouble walking, dizziness, loss of balance or coordination
- **5.** Sudden severe headache with no known cause

Women have reported these unique stroke symptoms:

- **6.** Sudden face and limb pain
- **7.** Sudden hiccups
- **8.** Sudden nausea
- 9. Sudden general weakness
- **10.** Sudden chest pain
- **11.** Sudden shortness of breath
- **12.** Sudden palpitations

Call **911** or go to the nearest Emergency Department immediately if you have any of these symptoms.

"Too often, women don't realize the urgency of getting help right away," emphasizes Dr. Moore. "If you have slurring of speech, vision changes or weakness, arms drifting downward, any of the symptoms — go to the emergency department immediately. Many women have said they just thought they needed to lie down in bed for a while. That is a decision that can have major consequences for your quality of life — your ability to walk, talk and swallow. It's a very scary thing — stroke is not just something that happens to older patients. I've seen patients as young as 40 and 50 with devastating strokes."

#### YOU'VE GOT THREE HOURS.

Most strokes occur when a blood clot blocks blood flow to the brain.

"The clot-dissolving medication, called tissue plasminogen activator (tPA), can help, but you only have a three-hour window for it to work, and the clock starts ticking from the moment the first symptom occurs," explains Dr. Moore. "tPA is our only shot at treating the acute stroke. If you understand

of the stroke rise dramatically."

IS IT REALLY A STROKE? ACT F.A.S.T. —

the warning signs and get to the hospital

### DO THIS SIMPLE TEST:

quickly, the chances of mitigating the effects

- F—FACE: Smile. Does one side of the face droop?
- A—ARMS: Raise both arms or put both arms out in front. Does one arm drift downward?
- S—SPEECH: Say a simple phrase. Is speech slurred or strange?
- T—TIME: If you observe any of these



## FREE BLOOD PRESSURE SCREENINGS

High blood pressure is one of the most common risk factors for stroke. Stop by the Main Lobby of Henry Ford Macomb Hospital in Clinton Township for a free blood pressure screening Sept. 11, Oct. 9, Nov. 13 or Dec. 11 anytime from 11 a.m. to 1 p.m. No registration is necessary. For more information, call (800) 532-2411.

# your signs of stroke?

signs, call 911 immediately.

Note the time when symptoms first appear. If given within three hours of the first symptom, tPA may reduce long-term disability.

#### WHAT'S YOUR RISK?

"No matter what your age or gender, anyone can have a stroke," Dr. Moore emphasizes.

With that said, there are certain risk factors that should make you even more vigilant, including high blood pressure,

elevated cholesterol, atrial fibrillation (an irregular heartbeat) and, for women, having had preeclampsia during pregnancy.

"Eat a diet rich in fruits and vegetables and work with your doctor to manage conditions like high blood pressure or cholesterol," encourages Dr. Moore. "And one important tip for women, proven in medical literature: take one baby aspirin a day. In women, that has been shown specifically to prevent stroke. In men, it can prevent heart attacks; for women, it prevents stroke."



# REGION LEADING STROKE CARE

Henry Ford Macomb Hospital continues to provide exceptional care for stroke patients. Our program is certified by The Joint Commission as a Primary Stroke Center. And, for the third consecutive year, the program has received the Gold Medal Plus quality award from the American Stroke Association's "Get With the Guidelines" program. It is the highest level quality award attainable through the American Heart and American Stroke Associations.

These quality measures are reached because of the protocols in place. When a suspected stroke patient arrives in the **Emergency Department, our specially** trained staff members spring into action to begin proven a treatment process that included administering clot-dissolving drugs for appropriate patients.

In addition, comprehensive care continues on a dedicated stroke unit and through our rehabilitation program.

# WAYS TO WIN THE WEIGHT LOSS RACE

Sometimes there's little doubt as to why you can't shed those extra pounds. Maybe you haven't been to the gym in months or desserts have become less of a splurge and more of an everyday event. But sometimes even when you're staying disciplined with food and fitness, weight loss stalls or reverses. Here are five common factors that can impact the success of your weight loss plan.

YOUR LACK OF MUSCLE ■Even though aerobic exercise burns more calories than strength training, you should also lift weights because that can help you maintain muscle while you lose fat. And since muscle burns more calories than fat, even when you're not working out, it helps you keep weight off after you've shed it.

JUMP THIS HURDLE: Try to fit in two days of resistance training per week. Work all your major muscle groups, including your arms, abs, chest, back and legs.

FAMILY HISTORY **∠** •Scientists have found more than 50 genes linked to obesity. Some may make you feel hungrier, while others prompt your body to store fat.

JUMP THIS HURDLE: Remember that biology isn't destiny. It's true that certain genetic profiles can make it harder to lose weight, but that doesn't mean it can't be done.

INADEQUATE SLEEP ■ Losing out on shut-eye throws your hunger hormones out of balance. As a result, you're prone to eat

more – and you're not going to go for fruits and veggies, but rather "comfort food" like pizza or doughnuts.

JUMP THIS HURDLE: Most adults require seven to eight hours of sleep per night. Try to stick to a regular sleep schedule – even on weekends - and avoid large meals late at night.

**METABOLISM** Metabolism is the process of combining nutrients with oxygen to release the energy needed for the body to function. A total metabolic rate represents the calories needed to maintain body functions and daily activity. As we get older, our metabolism slows down.

JUMP THIS HURDLE: Eating lowfat dairy products, exercising and maintaining lean muscle can increase your metabolic rate. Knowing your resting metabolic rate can help you plan your weight loss strategy.

TOO MANY DEVICES ■ Mobile phones, tablets and computers have made life easier, but they've also increased the time people spend sitting in front of a screen, which can lead to lower fitness levels and expanding waistlines.

JUMP THIS HURDLE: Set a limit of two hours of at-home screen time for you and your family. Spend the rest of those hours together doing your favorite activities, like walking the dog or bike riding.

### • How fast is your metabolism?

Technology exists to measure your resting metabolic rate, which will indicate how many calories you should consume to maintain your current weight – or how many you need to reduce daily to lose weight.

For more information about scheduling a MedGem metabolic rate test or to learn more about our weight management programs, call (800) 756-9890 or go to HenryFordMacomb.com/loseweight.

#### **COOKING DEMONSTRATION:** HOW TO COOK FOR ONE OR TWO

It is possible to cook healthy and easy meals for one or two people. Join a registered dietitian to learn tips on healthy eating as we age and taste delicious samples that will be provided. This is also your chance to pick up helpful recipes that will meet your dietary needs.

Sept. 30, 6:30 to 7:30 p.m., Clinton Township hospital The program is free, but registration is required. Call (800) 532-2411.





# EATING HABITS ARE A BIG PIECE OF THE WEIGHT **LOSS PUZZLE**

Despite spending time in the gym, many people are not losing weight as quickly as they hope.

"People have difficulty losing weight because they're not realistic about the number of calories they are consuming," says Katherine Jackson, DO, Henry Ford Macomb family medicine physician.

Dr. Jackson recommends eating more fruits and vegetables, and home-cooked meals instead of processed foods. She also suggests drinking more water and less pop or other high-calorie, lownutrient beverages.

Fruits and vegetables provide fiber and are naturally low in calories. They are also rich in vitamins and minerals. Processed foods are high in preservatives, sodium and colorings, which can cause your body to gain weight.

Lastly, since your body is 60 percent water, body functions like digestion, nutrient absorption and maintenance of body temperature rely on the liquid. Water also doesn't contain any calories.

#### WEIGHT FRIENDLY FOODS

Over the course of a day, you should:

- Eat a wide variety of vegetables. Shoot for a total of 21/2 cups
- Include fruit in your meals and snacks for a total of 2 cups
- Increase your consumption of whole-grain bread, cereals and pasta as you reduce the amount of foods you eat made with refined flour
- Replace whole milk, yogurt and cheese with low-fat or fat-free dairy foods. Three cups a day of healthy dairy foods is a good target.
- Prepare fresh seafood more often instead of red meat and poultry
- Use canola, corn, olive, peanut or soybean oil instead of butter, lard and other solid fats.

#### **FOOD FOES**

Gradually reduce the amount of food you eat that contains a lot of:

- Saturated fat, such as whole milk, ice cream, butter and cookies
- Trans fat, such as chips, margarine, pie and crackers
- Cholesterol, such as sausage, egg yolks and dairy products made with whole milk
- Sodium most adults should consume 2,300 mg or less per day
- Added sugar, listed in ingredients as corn syrup or sweetener, honey, sugar, molasses, malt syrup, glucose, fructose, sucrose, dextrose, lactose, maltose and fruit juice concentrate.

# Get the FACTS about flu and pneumonia

lu and pneumonia are respiratory illnesses that should not be taken lightly. Taking steps to prevent flu and pneumonia, recognizing symptoms and getting early treatment are vital to maintaining good health.

#### WHAT IS INFLUENZA?

Influenza — or the flu — is a highly contagious respiratory infection caused by a virus. Although the flu is usually mild in children and younger adults, it can cause life-threatening viral pneumonia in older adults.

Flu symptoms include: headache, chills, dry cough, muscle aches, fever, stuffy nose and sore throat. Early treatment of the flu with antiviral drugs is effective in older adults.

#### WHAT IS PNEUMONIA?

Pneumonia is an inflammation of the lungs — either one or both — caused by an infection. The inflammation makes it difficult for oxygen to reach your blood.

Half of all pneumonias are caused by viruses. Bacterial pneumonia can develop after a case of the flu, when your immune system is weak from fighting the flu virus. Pneumonia can be a serious, potentially fatal condition, particularly in the very young and in older adults. The pneumococcal bacteria are spread from person to person through coughing, sneezing or close contact.

## KNOW THE SYMPTOMS OF PNEUMONIA

Recognizing pneumonia symptoms and getting professional care right away can help you protect your health. The symptoms of bacterial pneumonia can appear gradually or suddenly:

- Fever, which can be as high as 102 degrees F (38.9 C)
- Shaking chills
- Sharp chest pain
- Abdominal pain
- Severe sweating, confusion, rapid breathing and pulse rate, shortness of breath and severe fatigue
- Cough that produces greenish or rust-colored mucus
- Worsening of symptoms after a cold or the flu.

These are symptoms of viral pneumonia:

- Initial flu-like symptoms: fever, headache, muscle aches and dry cough
- Worsening of symptoms after 12 to 36 hours: Fever, breathlessness that may become extreme and a more severe, dry cough that produces small amounts of mucus.

#### **GET TREATMENT QUICKLY**

Early treatment of bacterial pneumonia helps with recovery, so see your healthcare provider as soon as symptoms appear. If your doctor diagnoses bacterial pneumonia, treatment typically includes antibiotics and pos-



sibly other medications to help relieve coughing and chest pain. No treatment usually is given for viral pneumonia.

## PREVENTING FLU AND PNEUMONIA

Anyone age 6 months or older should receive an annual seasonal flu vaccine. Influenza viruses are constantly changing, so it's important to get a new flu shot each year.

Experts recommend the pneumococcal vaccine for people at high risk for serious problems if they get pneumonia, and for everyone 65 or older. High-risk adults include those with chronic conditions like asthma; residents of nursing homes; and people who smoke cigarettes.

These steps can also help prevent pneumonia and the flu:

- Wash your hands frequently, using soap and water or an alcohol-based cleanser
- Don't smoke
- Get adequate sleep, exercise regularly, eat a nutritious diet and drink plenty of water.

## **DIABETES:** Take the test

"Diabetes is a killer, especially if you don't know you have it," says William Carion, MD, Henry Ford Macomb internal medicine specialist. "Yet if you get diagnosed and manage diabetes, you can delay or avoid the many health problems it can cause."

Ask your physician about getting tested for diabetes if you are:

- Older than 45
- Overweight or experiencing frequent urination or thirst
- Fatigue
- Blurred vision
- Cuts or bruises that won't heal
- Tingling in your hands or feet.

Two common blood tests are used to measure blood glucose levels as a way to diagnose diabetes.

"Glucose is fuel for your body it comes from the food you eat. Insulin is a hormone that helps your body use that fuel by helping it move from your blood into your cells," explains Dr. Carion. "With diabetes, your

body either doesn't make insulin at all or doesn't use it well, which means the glucose stays in your blood. That level of glucose tells us the likelihood of your having diabetes."

#### THE A1C TEST

Also called HbA1c, Hemoglobin A1c or glycated hemoglobin, "most diabetes tests are a snapshot – they measure your blood glucose (blood sugar) levels at a particular moment in time," Dr. Carion says. "So even if your levels spiked dangerously overnight, if you tested your blood in the morning, your results would appear normal. The A1c has changed all that. Red blood cells live about three months, and

they carry with them a record of how much hemoglobin was attached to them. The A1c measures that entire three-month span, which is why the A1c is really the preferred test for diagnosing and managing diabetes."

#### WHAT THE RESULTS MEAN

**NORMAL:** Below 5.7 percent PREDIABETES: 5.7 to 6.4 percent **DIABETES:** 6.5 percent or higher Your target A1c goal may vary, so ask your physician what your A1c target is.

#### FASTING PLASMA GLUCOSE OR FASTING BLOOD TEST

This test requires an overnight fast, then a blood test first thing in the morning. While the A1c is the preferred test to detect diabetes, the fasting blood test also may be more accurate in certain cases, for example, if you have certain infections or a health

condition like malaria, chronic anemia or major blood loss.

#### WHAT THE RESULTS MEAN

NORMAL: less than 100 mg/dL PREDIABETES: 100 to 125 mg/dL DIABETES: 126 mg/dL or higher on two separate tests

#### WHAT HAPPENS AFTER THESE TESTS?

- If the results are normal: Repeat the test every three years.
- If you have prediabetes: Ask your physician about necessary lifestyle modifications and arrange a timeframe for a second test.
- If you have diabetes: "Work closely with your physician," advises Dr. Carion. "You will have additional tests to check the function of your thyroid, liver and kidneys. Getting your eyes and feet checked regularly is also very important."



#### U GET HELP MANAGING YOUR DIABETES

- A Diabetes Self-Management Education Program is offered within the Henry Ford Macomb Center for Weight Management at the Shelby Macomb Medical Mall and at the Henry Ford Medical Center - Sterling Heights. The program is covered by most insurance. For more information, call **(313) 874–7495**.
- The Henry Ford Macomb Faith Community Nursing Network sponsors free diabetes support groups in several area churches. Dietitians, pharmacists and other experts also offer education at these gatherings. To find a group near you, call (586) 263-2116.

#### **DIABETES UPDATE**

Join Henry Ford Macomb internal medicine specialist William Carion, MD as he discusses the most current testing methods for diabetes and the many ways to manage the disease. Also learn more about diabetic diet basics from registered dietitian Amy Carion. Oct. 23, 6:30 to 8 p.m., Shelby Macomb Medical Mall



#### **Bariatric Support Group**

Join patients and family members for monthly discussions about post-surgical weight management and other topics of interest.

Sept. 24, Oct. 24, Nov. 26 and Dec. 17 6:30 to 8 p.m.

**Clinton Township hospital** 

#### **Bariatric Surgery Center Overview**

Anyone considering surgical options for weight loss is invited to attend a seminar presented by a certified bariatric nurse focusing on preparation for bariatric surgery and post-surgical care, including diet maintenance and exercise.

Oct. 13, Nov. 10 or Dec. 8 6:30 to 8 p.m. Clinton Township hospital

Oct. 23 11 a.m. to 12:30 p.m. Clinton Township hospital

Sept. 22 or Nov. 17 6:30 to 8 p.m. Henry Ford Macomb Health Center – Chesterfield

#### **Bereavement Support**

Any adult who has lost a loved one either in hospice or within the community is welcome to attend monthly ongoing support groups. To find out about specific class dates and for questions, contact Kathleen at **(248) 588-2389**.

Thursdays from 6:30 to 8 p.m.

#### **Blood Pressure Screenings**

Many people with high blood pressure do not exhibit any symptoms. Join us for a free blood pressure screening to ensure your numbers are within normal range. No registration is required. Walk-ins are welcome.

Oct. 9, Nov. 13 and Dec. 11 11 a.m. to 1 p.m. Clinton Township hospital – Main Lobby

#### **Brain Fitness**

Join C.A.R.E. gerontologist Marcia Relyea for an all-new discussion designed to recharge your mental batteries.

Oct. 23

2:30 to 4 p.m.

Clinton Township hospital

#### Caregiver Café

The Caregiver Café provides those caring for a friend or loved one learning opportunities with Henry Ford Macomb experts and a chance to connect with others in similar situations – all in a relaxed, informal setting.

Sept. 23 – Understanding and managing behavioral changes

Oct. 21 – Caregiving 101

Nov. 18 – Have you had the conversation?

Dec. 16 – Spiritual/emotional support 1 to 2 p.m.

**Clinton Township hospital** 

#### Cooking demonstration: How to cook for one or two

It is possible to cook healthy and easy meals for one or two people. Join a registered dietitian to learn tips on healthy eating as we age and taste delicious samples that will be provided. This is also your chance to pick up helpful recipes that will meet your dietary needs.

Sept. 30 6:30 to 7:30 p.m. Clinton Township hospital

#### **Diabetes update**

Join Henry Ford Macomb internal medicine specialist William Carion, MD as he discusses the most current testing methods for diabetes and the many ways to manage the disease. Also learn more about diabetic diet basics from registered dietitian Amy Carion.

Oct. 23 6:30 to 8 p.m. Shelby Macomb Medical Mall

#### Health retreat: Targeting women's health

You're invited to join us for a special event focused on your health and wellbeing. This one-day retreat for women is focused on ways to make your life happier and healthier. Brought to you in conjunction with our community partners Almont DDA, CSB Bank and the Four County Community Foundation.

Nov. 15, Armada

For more details and pricing information, call (800) 532-2411.

#### Joint Replacement

Find out about the many benefits included at the Center for Joint Replacement. Join an orthopedic surgeon for a discussion of total joint replacement, the surgical procedure that replaces a damaged knee or hip joint with a durable, artificial joint. Each guest will be treated to a sample Reiki session after the presentation. Light refreshments will be served. Sept. 18, 1:30 to 2:30 p.m., Richard Perry, MD Clinton Township hospital

#### **WEIGHT MANAGEMENT**

The Henry Ford Macomb Center for Weight Management offers three ongoing programs. The options include: the medically supervised "Decision Free Diet" which is designed for those who wish to lose more than 30 pounds, "Healthy Solutions" for those seeking moderate weight loss and a less structured program, "Simple Choices." Weight loss classes take place at the Shelby Township and Chesterfield health centers. For more information or to schedule an appointment, call (800) 756-9890.

Registration is required for all classes. To register, please call toll-free (800) 532-2411 unless otherwise noted.

#### **CANCER CARE**

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

#### **Cancer Patient Support Group**

This weekly group, facilitated by a professional counselor/social worker will give 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

#### Family/Caregiver Support Group

Facilitated by a professional counselor, this weekly group offers an opportunity for those who support cancer patients to discuss concerns and get practical tips for dealing with daily challenges. Registration is not required. Fridays, 10:30 a.m. to noon, ongoing

#### 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 (586) 263-2237.

Second Wednesday of the month, 2:30 to 4 p.m.

#### **COMPLEMENTARY MEDICINE**

For appointments, class registration or more information on these services, call (586) 263-2837.

#### Flower and Gem Essences

Find out how to relieve stress and anxiety and put the body back into energetic balance. Flower essences are energetic infusions of flowers and gems in water and can assist in decreasing anxiety. Other relaxation techniques will be discussed and a meditation exercise will be included.

Oct. 13 6 to 8 p.m.

**Clinton Township hospital** 

Cost: \$25

#### **Fully Figured Yoga**

Have you always wanted to try yoga but didn't feel comfortable walking into just any class? Learn to enjoy the freedom and peace within your own body during this class. Tuesdays, call for start dates

6 to 7 p.m.

**MORC Rehab Services** Cost: \$60 for 10 weeks

#### **Meditation Class**

Learn and practice different types of meditation and relaxing breathing techniques. The goal of this class is to help you establish a regular, daily meditation practice.

Oct. 9, 23 and Nov. 6 6:15 p.m. to 7:30 p.m. **Clinton Township hospital** Cost: \$15 for three sessions

#### Personal Intro to Reiki

Reiki is an ancient, hands-on healing technique that promotes healing by integrating and balancing the physical, mental, emotional and spiritual aspects of your being. Sept. 16, Oct. 21 or Nov. 18 6 to 7:30 p.m. **Clinton Township hospital** 

#### **Reiki Practitioner Training**

Level 1 - Sept. 23 and 25 5:30 to 9:30 p.m. **Clinton Township hospital** Call for pricing information

#### **Relaxation Yoga**

This class is perfect for anyone who wants to combine gentle stretching with breathing and relaxation techniques. A restful practice designed to rejuvenate and restore your body. Thursdays, call for start dates 6 to 7 p.m.

**MORC Rehab Services** Cost: \$60 for 10 weeks



#### The Great American Smokeout: Make Nov. 20 Your Quit Date

The American Cancer Society encourages smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day smokers will be taking an important step toward a healthier life - one that can lead to reducing cancer risk. The health benefits of quitting start immediately from the moment of smoking cessation.

Educational displays and information will be available. Incentive gifts and raffles will be available if you turn in your pack that day. More resources on preparing to make this your quit day are available by calling Henry Ford Health System Tobacco **Treatment Services at** (888) 427-7587. Nov. 20 Various Henry Ford Health System locations Call (800) 532-2411 for details.

## 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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WITH A JOINT CENTER THAT HAS PROVEN RESULTS, Henry Ford Macomb Hospital offers innovative surgical options, technical expertise and dedicated staff that are redefining the joint replacement experience. That is why our program is ranked in the top 1 percent nationally in patient satisfaction and third-party certifications\* alike. It's not about gimmicks. It's about results. If getting back up to speed quickly is important to you, no other hospital gets you there faster.

<sup>\*</sup> The Joint Commission, Aetna Institutes of Quality, Blue Cross Blue Shield Association, Press Ganey Survey Results.