

LIVEWELL

SPRING 2014

ALSO INSIDE:

- >> THE BRAIN-BOOSTING BENEFITS OF EXERCISE
- >> BREAK THE CYCLE OF JOINT PAIN
- >> LEAVING THE HOSPITAL? BE PREPARED

short takes

WHAT'S HOT THIS SPRING?

STROKE TEAM RECOGNIZED FOR QUALITY CARE

Henry Ford Macomb Hospital is one of only three facilities in southeast Michigan and eight in the state to earn a Gold Medal Plus quality award from the American Heart Association's "Get With the Guidelines" program. It is the highest level quality award attainable through the American Stroke Association.

The Gold Plus award acknowledges two years of data showing at least an 85 percent compliance rate with key quality measures in treating stroke that are aimed at reducing death and disability and improving the lives of stroke patients. The Stroke Program is no stranger to accolades. It won this same award in 2011 and has been designated as a Primary Stroke Center by the Joint Commission since 2009.

If you think you may be having a stroke, get help immediately. The most common signs are:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.

USE **FAST** TO REMEMBER THE WARNING SIGNS:

F—FACE: Ask the person to smile. Does one side of the face droop?

A—ARMS: Ask the person to raise both arms. Does one arm drift downward?

S—SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T—TIME: If you observe any of these signs, call 911 immediately. Note the time when any symptoms first appear. Some treatment options are only available within a few hours of the onset of symptoms.



CAREGIVER CAFÉ: HELP IS HERE

Caring for a friend or loved one with a serious illness is often rewarding, but can be difficult. The Caregiver Café provides caregivers learning opportunities with Henry Ford Macomb experts and a chance to connect with others in similar situations—all in a relaxed, informal setting. Monthly get-togethers feature information on a specific topic followed by time to share stories or just talk over a cup of coffee or tea. Call (800) 532-2411 for dates and times of upcoming gatherings or go to www.HenryFordMacomb.com/caregiver.



QUICK CHANGES LEAD TO LONGER LIFE

Thanks to developments in nutrition and medicine, people are living longer than ever. But there are two sides to every coin—many of these people also suffer from chronic conditions in old age, like heart disease, diabetes and cancer.

Leading a healthier lifestyle is one of the best ways to stave off a debilitating illness in your later years. Worried that it's too late to start? One study found extraordinary benefits for people as old as 72 who made just one healthy change to their daily routines. These people were able to delay disability by an extra two years. The benefits were even greater for those who made more healthy changes.

What kinds of lifestyle changes can help you live the fullest, longest life you can? Take a look at this list and see:

- **Smoking:** If you smoke, quit now. Smoking is the single biggest preventable risk factor for a wide variety of diseases.
- **Drinking:** Alcohol has its benefits, but too much can be bad for your health. Limit your libations to one drink per day. If you have physical or mental health problems, talk with your doctor about whether you should cut out alcohol entirely.
- **Diet:** A healthy diet doesn't mean starving yourself—it means eating a balance of fruits, veggies, lean meats and whole grains. Cut back on saturated fats, and try eating fish at least twice a week.
- **Exercise:** Jogging, swimming, biking, even walking around the block can add years to your life. Aim for 30 minutes of moderate activity at least five days a week.
- **Weight:** Weighing too much or too little can harm your health. Talk with your doctor about the best weight for you and how you can maintain it.





THE BRAIN-BOOSTING BENEFITS OF EXERCISE

You probably know that regular exercise reduces your risk for chronic conditions such as diabetes and heart disease while helping to keep your weight in check, but research shows that the psychological perks can be just as powerful.

Here's an update on some of the brain benefits attributed to physical activity.

EXERCISE INCREASES ALERTNESS

Instead of a hit of caffeine when you're feeling tired, go for a walk. Exercise peps you up because it increases your body temperature and the release of epinephrine, the adrenaline in your brain.

Physical activity is especially helpful between 1 and 3 p.m., when your circadian rhythm—your brain's alertness cycle—naturally takes a dip. Around that time, the cells in your brain that influence vigilance fire less rapidly. You might even feel the need for a nap.

If that's not an option, a walk around the block or up and down the stairs can help power up your afternoon so you can tackle late-day projects more efficiently.

EXERCISE HELPS BEAT BURNOUT

Do you have a sedentary job that leaves you sitting for most of the day? Doing something strenuous on your downtime once or twice a week can reduce your risk for depression and the emotional exhaustion commonly known as burnout, a Dutch study found.

The three-year study, published in the journal *Occupational and Environmental Medicine*, involved 1,747 workers from 34 companies. The researchers defined strenuous activity as anything that makes you break a sweat.

EXERCISE HELPS KEEP YOU SHARP

You can't stop the clock, but the physical strength that exercise offers may help reduce your risk for Alzheimer's disease.

The risk for this common degenerative form of dementia increases with age. About 5.4 million Americans have the disease, most of them older than 65. A study in the *Archives of Neurology* involving 970 elderly men and women found that those who were stronger to begin with were at less risk for developing Alzheimer's.

The American College of Sports Medicine (ACSM) adds that physical activity boosts the blood supply to the brain. It may even help create new brain cells and connections among them.

To keep your brain sharp, especially as you get older, keep moving. ACSM also recommends challenging your brain by trying new skills, such as dance classes or exercises you've never done before.

EXERCISE ENHANCES YOUR WELL-BEING

An analysis in *BMC Complementary and Alternative Medicine* found that practicing tai chi improved feelings of well-being.

Tai chi is a form of Chinese low-impact mind-body exercise that's sometimes called "moving meditation." In the study, tai chi was associated with reducing stress, anxiety and depression; improving mood; and increasing self-esteem.

That's not to say that other forms of exercise, such as yoga, Pilates or swimming, might not do the same thing.



Can You WALK Away from

As anyone who suffers from back pain will tell you, the effects go far beyond just the back. Fear of making the pain worse causes you to withdraw from activities you used to enjoy. Emotional effects like stress, anxiety and depression not only worsen the physical pain, they can actually decrease the body's ability to produce natural painkillers, creating a pain cycle.

Understandably, people who suffer from back pain take great pains to combat it, including medication, injections and surgery. This is often not the best course of action, advises Henry Ford Macomb physical medicine and rehabilitation specialist Geoffrey Seidel, MD.

"People are getting too many operations, too many injections and using too many narcotics," he says. "In addition, people with back pain tend to become stiff and weak, because they immobilize themselves out of fear that they are going to harm themselves. Their life starts to revolve around their pain. For back pain in and of itself, where there is not a neurologic injury, the best treatment is increased activity."

THE CURE? START WALKING

"You can never hurt yourself by walking," Dr. Seidel emphasizes. "The whole goal of recovery is increasing physical mobility—

building your strength, flexibility and endurance."

Dr. Seidel points out that one in five people who have back surgery end up having to have at least one additional surgery, and for many, none of it helps. By contrast, many people with failed back surgeries and people with decades of pain have reported reduction in pain, and even complete freedom from pain once they build their strength.

"If you've been sedentary, it can take a good three months to build strength and endurance," Dr. Seidel says. "But just tense up your abdominal muscles and go for a five-minute walk in the morning and five-minute walk at night. The next week add a minute. If you slowly build a minute a day, pass one more house on the route you walk, before you know it, you've gone the distance and not overtaxed your heart and lungs."

Dr. Seidel adds, "If you can walk three miles in an hour, and do that four or five days a week, it improves your breathing, pulmonary function, cardiac function, bone mineral density, bowel function, and studies have shown, increases longevity. You'll sleep better, your brain will work better. Walking works. It's simple and universal. And it's springtime—ideal for getting started. We are tougher than we let ourselves believe."

! Find out more about prevention and rehabilitation strategies for handling back pain with Henry Ford Macomb physical medicine and rehabilitation specialist Geoffrey Seidel, MD. Adequate time will be dedicated to questions and answers.

April 28
6 to 7 p.m.
Clinton Township hospital

BACK PAIN?

9 TIPS FOR PREVENTING BACK PAIN

- 1. Sit up straight.** If you're at work, make sure your chair supports your lower back, and avoid slouching to view your computer. Change your position every 30 minutes.
- 2. Lift wisely.** Stand in front of what you're lifting, place your feet slightly apart, tighten stomach muscles and bend your knees, keeping your back straight. Hold the weight close to your body; avoid twisting as you lift.
- 3. Stay active.** Aerobic exercise like walking, jogging, swimming or biking reduces back pain and lessens your chance for a repeat backache. Start slowly and increase gradually to 30 minutes almost every day.
- 4. Avoid bending over first thing in the morning,** when risk of injury to your spinal discs is highest.
- 5. Practice stress management** techniques like deep breathing.
- 6. Pace yourself**—set achievable goals and resist the temptation to overdo it on a pain-free day.
- 7. If you're taking medication** and the side effects outweigh the benefits, ask your physician if something else might work better.



- 8. Reduce or eliminate alcohol.** Like pain, it disrupts your sleep cycle.
- 9. Smoking impairs healing** and can contribute to degenerative disc disease, a leading cause of back pain—so if you smoke, quit.

WHAT TO DO WHEN PAIN HAPPENS

Apply a heat wrap around your lower torso.

If an ordinary movement causes sudden pain, you probably stressed those muscles a few days back. Try using an ice pack for 20 minutes at a time once per hour for two days, and if it hasn't improved, switch to heat.

If your back hurts when you move, gently move and stretch. In most cases, activity will help.

If your back hurts most early in the morning, it may be arthritis or another inflammatory condition; check with your physician.



To schedule an appointment with a physician specializing in back pain, call the Henry Ford Macomb Physicians Referral Service at (800) 532-2411.

When Surgery Becomes Necessary

Andy Wiegand, 59, of Macomb Township is no longer in pain after his spine surgery at Henry Ford Macomb Hospital. A former firefighter, Andy finally decided on surgery to **relieve the pain** from a shifting disk in his back after physical therapy and injections no longer helped.

Spine surgeon Michael Kapsokavathis, DO, says the decision to have surgery is a big one and a very individual one.

"The key point for me is disability. If a patient's pain and discomfort cannot be managed and it is changing how they live their life, it might be time to have a discussion about surgical options," Dr. Kapsokavathis notes. "We talk about the risks and benefits. The tipping point is, are they a good candidate for surgery and how much will they benefit from a surgical intervention?"

Andy is doing well after his surgery.

"I'm getting around, I'm walking on the treadmill, I'm driving," he said about six weeks after surgery. Most patients are encouraged to take it easy for about three months after spine surgery.

"I have nothing but high praise for Dr. Kapsokavathis, the staff, the hospital and the preparation class," he said.

Henry Ford Macomb provides a **specialized journey of care for patients who need spine surgery.**

It begins with a comprehensive pre-surgical orientation class and a surgical team led by Dr. Kapsokavathis, who is fellowship trained in spine surgery. It continues in the hospital on a special unit for spine surgery patients, bringing together specially trained nurses, patient and family education, physical and occupational therapy and an emphasis on pain management and movement. Finally, outpatient rehabilitation services are available in multiple locations throughout Macomb County.

EAT TO BEAT DIABETES



Chances are, you either have diabetes or know someone who does. About one in 10 Michiganders have diabetes—almost 760,000 of us.

“As Americans become more overweight, the incidence of type 2 diabetes is becoming exponential,” acknowledges Henry Ford Macomb internal medicine specialist William Carion, MD. “Here in metro Detroit, the number of fast food restaurants, and maybe our fast lifestyle contributes to that. It’s hard to find healthy meals or the time to cook them, and many of us let the weather dictate a lack of exercise.”

Diabetes affects how your body uses blood glucose, or blood sugar—your body and brain’s main source of fuel. People with diabetes have too much glucose in their blood. That can lead to serious health problems, including:

- Increased risk for heart attack and stroke.
- Increased risk of blindness.
- Nerve damage (neuropathy).
- Foot problems—foot infections, problems with blood flow and damage to nerves in your feet.
- Skin trouble—infections, sores and itching.
- Tooth and gum diseases like gingivitis and periodontitis.
- Kidney damage and kidney failure.

Diabetes symptoms include frequent urination, thirst, hunger, fatigue, blurred vision, slow-healing cuts, sores and bruises and tingling or numbness in hands and feet.

CAN A HEART-HEALTHY DIET HELP?

You probably know a healthy, low-fat diet can help ward off heart disease. And if you have diabetes, you also know you have to watch what you eat. Now new evidence shows that these two diets might be connected. When you eat for your heart, you also protect your kidneys from the dangers of diabetes. Follow these three tips:

- Eat fresh fruits and vegetables—three to five servings every day. While fruit is good for your heart and kidneys, it also contains carbohydrates, so ask your doctor or dietitian how much you should have.
- Instead of starches and refined grains, choose nutrient-rich whole grains like brown rice, popcorn and whole wheat bread.
- Avoid fatty meats, fried foods and hydrogenated oils. Instead, choose low-fat dairy products and leaner cuts of meat.

Blood Glucose

126 mg/dL or higher	Diabetes
100 to 125 mg/dL	Pre-diabetes
Up to 100 mg/dL	Normal

“Common sense tells us if we follow a relatively heart-smart diet, it is parallel to a diabetic diet,” agrees Dr. Carion. “By following a sensible diet and exercise program, your weight, blood sugar and glucose tolerance are going to improve.”

CAN YOU PREVENT DIABETES?

“Check with your primary care physician about being screened for diabetes,” urges Dr. Carion. “There are multiple ways to diagnose it, but every adult should be intermittently screened; that’s very important.”

Especially since, before people develop type 2 diabetes, they almost always have “pre-diabetes”—blood glucose levels higher

than normal but not enough to be diabetes. About 79 million adults have pre-diabetes. And because there are no clear symptoms, many don't realize they have it. The good news? Studies show by losing weight and increasing exercise, people can prevent or delay progression to diabetes. In fact, if you have pre-diabetes, you can lower your risk for type 2 diabetes by 58 percent by:

- Losing 7 percent of your body weight (or 15 pounds if you weigh 200 pounds)

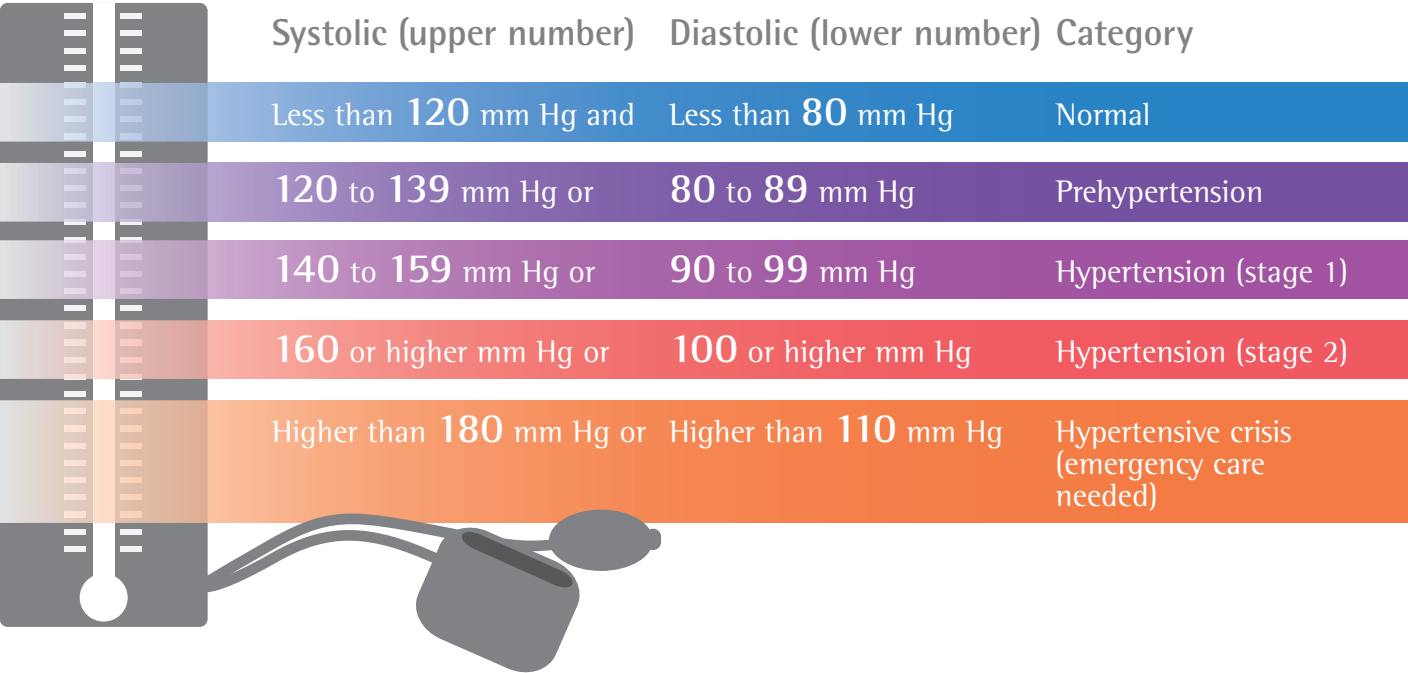
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week.

IF YOU HAVE DIABETES ...
 All is not lost. "Diabetes is a two-way street between you and your physician," emphasizes Dr. Carion. "Working hand-in-hand with your physician, you can look forward to a healthy life. The parameters we follow are having hemoglobin A1C under 7 percent, blood pressure 130 over 80 or lower

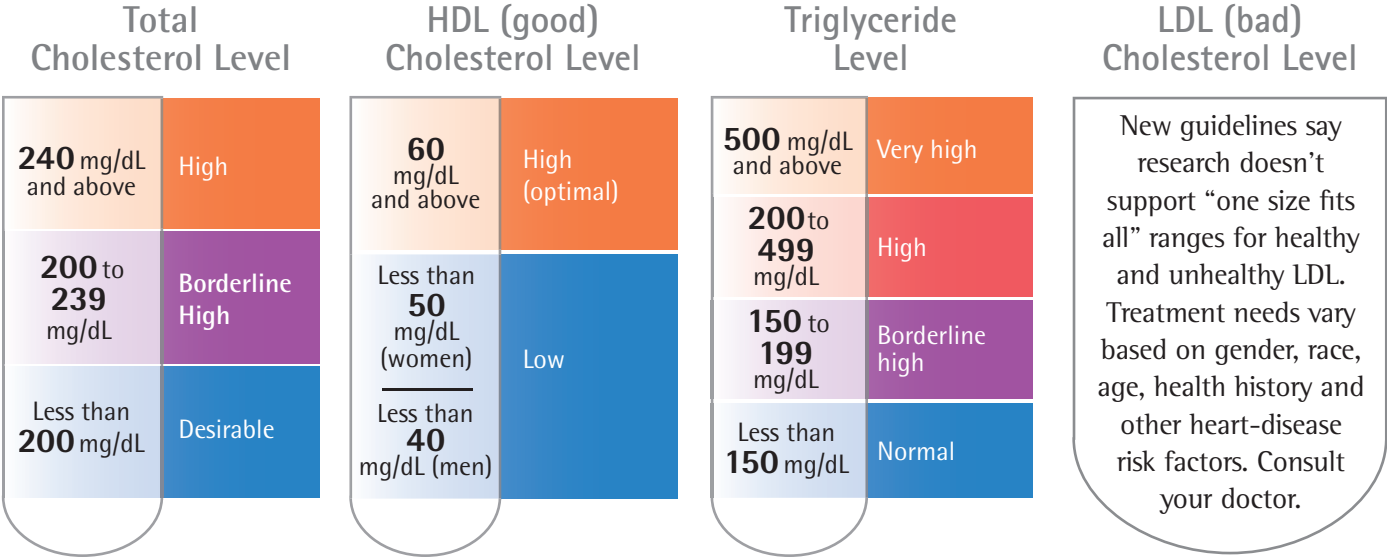
and bad cholesterol less than 100 mg (without heart disease). If we can achieve that through teamwork, I am optimistic we can look forward to a good, healthy existence together. It isn't that hard. It's a matter of getting to those numbers. When you do, you can decrease your risk of microvascular disease by 75 percent. Henry Ford Macomb also has wonderful classes, teaming with dietitians and nurse educators. It's excellent, the things that are available to us."

Track These Crucial Numbers

Blood Pressure



Cholesterol and Triglycerides



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 insurances. For more information, call (313) 874-7495.
- The Henry Ford Macomb Faith Community Nursing Network sponsors free diabetes support groups in six area church locations. Dieticians, pharmacists and other experts also offer education at these gatherings. To find a group near you, call (586) 263-2116.

HenryFordMacomb.com 7

BREAKING THE CYCLE OF JOINT PAIN

CENTER FOR JOINT REPLACEMENT
CLASSES GET THE WHEELS TURNING



Sandra Sova was finding it hard to pursue her beloved hobby.

She was an avid cyclist, but her long career in retail, where she spent 40 hours a week on her feet, had taken its toll on her knees in the form of arthritis.

After medications, injections and physical therapy failed, Sandra's next step was to contemplate joint replacement surgery.

She attended a free informational seminar taught by staff and surgeons at the Henry Ford Macomb Center for Joint Replacement.

"If arthritis is holding you back from things like watching your grandchild play soccer, because you can't walk from the car to the field—or affects things like grocery shopping, it's time to act," advises Angela Job, RN, Practice Manager for Orthopedics and Neurosciences. "This class helps you explore all options—not just surgery. You can keep up with your lifestyle without pain."

The class helped Sandra with her decision to have surgery. After meeting with her surgeon, her next step was the Pre-Surgical Joint Replacement Class at Henry Ford Macomb,

which is for patients scheduled for surgery.

"I learned a lot there," recalls Sandra. "Most important to me was understanding how the surgery was actually done. I also learned exercises to strengthen my knee before surgery, and information on equipment that you can get ahead of time to help with things that are hard to do when you come home—like raising a toilet seat or pulling socks up. In a group setting, people will ask questions you weren't even thinking of—it all made me more prepared for what was going to happen."

"You'll learn ways to prepare your home and your mind—it all helps you focus on recovery and results in much less stress," adds Angela. "You'll meet the nursing staff, the coordinator, the therapist and physician assistants and get acquainted with the environment."

After surgery, it took Sandra a month before she was able to do one pedal rotation. But on her three-month checkup, she made the eight-mile trip to her doctor's office on her bike. And by that summer, she was biking a

Joint Replacement

Find out about the many benefits included at the new 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.

April 30, 1 to 2 p.m., Eddie El-Yussif, DO
June 12, 1:30 to 2:30 p.m.,
Richard Perry, MD

Clinton Township hospital
To register, call (800) 532-2411.

42-mile round-trip on the Macomb-Orchard trail between Shelby Township and Richmond.

"When I see people suffering the way I used to, I say, 'Why are you waiting? The class and surgery have changed my life.'"

Leaving the Hospital: How to PREPARE for the NEXT STEP

When you're in the hospital, the first and most frequent question on your mind is probably, "When can I go home?" Once that day arrives, however, the more important question becomes, "How can I make sure I don't come back?"

Health experts estimate that as many as one in five patients return to the hospital within 30 days of leaving. Kim Ulbrich, RN, Director of Clinical Integration and Case Management at Henry Ford Macomb, notes that many of these readmissions are avoidable.

"In many cases, patients come back because they don't have a clear action plan for the next step in their care, whether they're going to a rehabilitation or nursing care facility or returning home," she says.

She offers key tips for making a smooth transition from the hospital and reducing the chances of a repeat trip.

- 1. Understand discharge instructions:** Make sure you review the written instructions that you'll receive before leaving, particularly changes in medications and dosages. Ask a friend or family member to help you remember this information, especially if they will be helping to take care of you.
- 2. "As soon as you are settled at home or in the next care facility and have access to all your medications, make sure they correspond with your discharge instructions,"** Kim says. "If you have any questions or notice any discrepancies, call the hospital or your primary care physician immediately to get these issues resolved."

- 3. If you or a loved one are going to a short-term rehabilitation or nursing facility, make sure you understand the discharge instructions and expectations for this facility.** Ask to have a "care conference" within 24 hours of arrival to ensure that the discharge instructions from the hospital are understood and being implemented.

- 4. Have a support system in place:** Too often, patients don't set up appointments with home health aides or therapists, believing that they and their families can manage on their own. "Take whatever help is being offered," Kim says. "You can always cancel the appointments later if you're feeling better."

- 5. Schedule an appointment with your primary care physician (PCP) within three to seven days of discharge:** Your PCP will be able to catch any minor issues before they get worse. "If you don't have a primary care physician, ask for a referral before you leave," Kim advises. If you are having a problem getting in to see your doctor, be sure to ask for an office manager or a callback from the doctor to explain the urgency of the visit. Patients can also call Henry Ford Macomb's Physician Referral Service at (800) 532-2411.



CHECKLIST FOR RETURNING HOME

Keep these important items in mind before leaving the hospital:

- ☐ Do you have a list of all your medications, and do you understand how and when to take them, as well as the dosage?
- ☐ Do you have the medical equipment and supplies that you'll need?
- ☐ Have you set up appointments with home care professionals (nurses, therapists, home health aides, etc.)?
- ☐ Do you have any special dietary needs?
- ☐ Do you have any limitations on your activities?
- ☐ Have you made appointments for follow-up care?
- ☐ Do you have the names and phone numbers of whom to call if your symptoms get worse?



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

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. Classes meet on Thursdays from 6:30 to 8 p.m. To find out about specific class dates and for questions, contact Kathleen at [\(248\) 588-2389](tel:248-588-2389).

Bariatric Support Group

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

April 23, May 28 or June 25

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 bariatric surgeon or certified bariatric nurse. The class focuses on preparation for bariatric surgery and post-surgical care, including diet maintenance and exercise.

April 14, May 12 or June 9

6:30 to 8 p.m.

Clinton Township hospital

April 24 or June 26

11 a.m. to 12:30 p.m.

Clinton Township hospital

April 7 or June 2

6:30 to 8 p.m.

Henry Ford Macomb Rehabilitation Center,
Warren

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.

April 22 – Caregiving 101

May 20 – Pharmacy/medication safety

June 24 – Spiritual support

1 to 2 p.m.

Clinton Township hospital

Heart Smart Screening Program

Our screening includes 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, and carotid and peripheral arterial disease tests. A 12-hour fast prior to the screening is required.

Saturday screening dates are available beginning in June.

Cost: \$99

Pre-registration is required.

[Call \(800\) 532-2411](tel:800-532-2411).



Home Safe Home

Join us for a presentation about reducing your risk for falls. We will discuss important components of prevention that will decrease your likelihood of injury and hospitalization, and help you stay healthy and independent.

April 23 or June 3
10 to 11 a.m.

Clinton Township hospital

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.

April 30, 1 to 2 p.m., Eddie El-Yussif, DO
June 10, 1:30 to 2:30 p.m., Richard Perry, MD
Clinton Township hospital

Seniors Staying Sharp

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

May 22
1:30 to 3 p.m.
Clinton Township hospital

Understanding Arthritis

Find out more about the signs and symptoms of arthritis and learn about various treatment options with rheumatologist Samir Yahia, MD.

June 5
6 to 7 p.m.
Shelby Macomb Medical Mall, Suite 020

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 new less structured program, “Simple Choices.” Weight loss classes take place at the Shelby Township, Richmond and Chesterfield health centers. For more information or to schedule an appointment, call (800) 756-9890.

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 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 - 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.

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.

April 15 or June 17
6 to 7:30 p.m.
Clinton Township hospital

Reiki Practitioner Training

Level 1 – May 19 and 20, 6 to 10 p.m.
(both sessions required)

Level 2 – June 10 and 12, 6 to 10 p.m.
(both sessions required)

Clinton Township hospital

Live Well 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 personal doctor. © 2014 Printed in the U.S.A.

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.

Printed on Recyclable Paper

10601MB

CONNECT WITH US ONLINE AT HENRYFORDMACOMB.COM.



I don't want to hire a crew.
I want to tackle every DIY.

I WANT TO AGE UNGRACEFULLY.

Portia, Royal Oak
Knee Replacement

IT'S TIME TO REDEFINE RETIREMENT AND LIVE YOUR LIFE WITHOUT JOINT PAIN.

It's time to do the things you've always dreamed of with those you love, without the pain and discomfort of your joints getting in the way. It's not time to slow down. Find the team that'll keep you going and help you age ungracefully.

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.



JOINT REPLACEMENT

Register for a free seminar or schedule an appointment at
(800) 532-2411 or HenryFordMacomb.com/JointCenter



**HENRY FORD
MACOMB HOSPITALS**

* The Joint Commission, Aetna Institutes of Quality,
Blue Cross Blue Shield Association, Press Ganey Survey Results.