

# LIVEWELL

SUMMER 2014

**ALSO INSIDE:**

- >> LEAD A LIGHTER LIFESTYLE
- >> GET YOUR BEST SLEEP
- >> DON'T WAIT TO GET YOUR COLONOSCOPY

A woman with short grey hair, wearing a pink top with a decorative neckline and a large gold ring, is watering plants with a green watering can. She is looking down at the plants with a gentle smile.

Reap the Rewards of  
**GARDENING**



# short takes

## WHAT'S HOT THIS SUMMER?

### WOUND CARE IN YOUR NEIGHBORHOOD

Between 3 and 5 million Americans have wounds that won't heal and that keep them from working and enjoying activities that others take for granted. Their wounds result from diabetes, poor circulation, pressure ulcers, vascular disease and other health problems.

The Henry Ford Macomb Wound Management & Consultation Centers provide multidisciplinary and comprehensive chronic wound treatment in convenient locations in Clinton and Chesterfield townships.

Our seasoned group of physicians and nurses have years of advanced training and experience in successfully healing wounds. A nurse practitioner coordinates all services, ensuring continuity, timely care and patient satisfaction.

Services and consultations are coordinated with your personal physician. All diagnostic studies and evaluations needed to assess and treat chronic nonhealing wounds can be performed within the centers. Patients no longer need to travel from site to site to find the best, most advanced care available.

For more information, or to schedule an appointment, please call the nearest Henry Ford Macomb Wound Management & Consultation Center location.

- In Clinton Township at (586) 228-6220.
- In Chesterfield Township at (586) 421-3080.



### 3 MOVES TO BOOST BALANCE

Changes to your eyes, ears and muscles as you age can make you less steady on your feet. In fact, as many as 45 percent of otherwise healthy older adults fall each year. Try these easy movements to improve balance.



#### SINGLE-LEG STAND

**Beginning:** Start behind a sturdy chair, holding on for balance. Lift one leg off the floor. Hold for 10 to 15 seconds. Repeat with the other leg.

**Advanced:** Try holding on with one hand, then one finger. Eventually, let go of the chair.

#### HEEL-TO-TOE WALK

**Beginning:** Stand near a wall with the heel of one foot just in front of the other toe. Raise your arms to your sides at shoulder height. Step forward, continuing to place your heel directly in front of your toe. Continue for 20 steps, touching the wall for support if you need.

**Advanced:** Once you're steady, move farther away from the wall. Or, try walking with your eyes closed.

#### BALANCE WALK

**Beginning:** Stand tall and raise your arms to your sides at shoulder height. Focus on a spot ahead of you and walk in a straight line toward that spot. With each step, as you bring your back leg forward, hold it in the air for one second before stepping forward. Travel 20 paces as you do this.

**Advanced:** Look from side to side as you walk. However, stay at the beginning level if you have inner-ear problems.

### CHECK OUT WELLNESS WEDNESDAYS

Henry Ford Macomb offers a fun and free way to work out this summer. Wellness Wednesdays takes place at the Mall at Partridge Creek.

Bokwa® aerobic fitness and yoga sessions will take place on alternating Wednesdays in the mall's center court. Join us from 9 to 9:45 a.m., weather permitting.

- Yoga: July 23, Aug. 6 and 20.
- Bokwa fitness: July 16 and 30, Aug. 13 and 27.
- Visit [HenryFordMacomb.com](http://HenryFordMacomb.com) or call (800) 532-2411 for class details.



# LEAD A LIGHTER LIFESTYLE

## A healthy weight brings health benefits

**M**ichigan is among 13 states where adult obesity rates top 30 percent. Nationwide, more than one-third of adults 65 and older are obese. The consequences are deadly and costly. They include the leading causes of preventable death – heart disease, stroke, type 2 diabetes and certain types of cancer.

Lisa Peters, RN, a health educator at the Henry Ford Macomb Center for Weight Management, helps many Macomb County seniors challenge those odds.

“I’ve seen tremendous medical improvements as senior citizens have taken on healthy habits,” she says. “Seventy percent of your health risks have to do with your lifestyle – specifically diet and exercise.”

At the Center, Lisa works to help people make those adjustments with what she calls the *triple imperative*:

1. Low-calorie foods.
2. Eating five full cups of fruits and vegetables per day.
3. Staying active.

“Every time you eat, include a vegetable or fruit,” advises Peters. “Banana or blueberries on your cereal or oatmeal. A salad with chicken for lunch. For dinner, half your plate should be vegetables; one quarter should be a lean protein, like fish or chicken; the final quarter should be whole grain.”

For those times when finding a low-fat meal choice is a challenge, the Center for Weight Management offers meal replacement entrees, shakes and bars.

### GETTING YOUR EXERCISE

Brooke Heike, also a health educator at the Center, works to help people find ways to stay active with four exercise components:

1. **Endurance.** “Things like walking, biking or the treadmill are great,” Heike says, “Over time, work to add a little incline or increase the pace.”
2. **Strength.** “Resistance bands are a great low-impact, inexpensive piece of equipment,” Heike suggests.
3. **Stretching.** Stretch gently before and after workouts.
4. **Balance.** “Balance is very important for injury prevention and for fall prevention in seniors,” notes Heike. “It can be as simple as standing on one foot and then the other while you brush your teeth.”

### THE SURGICAL SOLUTION

“For people who have done medically supervised dieting but are unable to sustain a healthy weight, bariatric surgery can be an option,” says Henry Ford Macomb family medicine specialist Anthony Cardellio, DO.

Certified bariatric nurse Sally Green, RN, works with patients before and after surgery. She helps patients understand the bariatric surgery process and what they will need to do before and after surgery to ensure it is a success.

“While this surgery can resolve many obesity-related health conditions, like type 2 diabetes, obstructive sleep apnea, high blood pressure or osteoarthritis – and it can even be lifesaving – it’s important to keep in mind there are risks with any type of surgery and bariatric surgery comes with lifelong behavioral modifications.”

## Surgical and Non-surgical Weight Loss Options

- For more information about the Center for Weight Management, visit [henryfordmacomb.com/loseweight](http://henryfordmacomb.com/loseweight) or call (800) 756-9890.
- For more information about bariatric surgery or to register for a free informational session, visit [HenryFordMacomb.com/dearobesity](http://HenryFordMacomb.com/dearobesity) or call (800) 532-2411.



# Introducing

## Giving you personalized, secure online access to your health records

**H**enry Ford MyChart gives you easy online access to your lab and radiology test results, as well as information and instructions after inpatient stays, Emergency Department visits and outpatient procedures. Imagine viewing your test results from your laptop or phone, many within 24 to 48 hours.

Any time you have a test, hospital stay or procedure within any Henry Ford facility, your information will appear in MyChart. If your physician has MyChart in his or her office, you can also:

- Consult your doctor via secure messaging.
- Refill and renew your prescriptions.
- Review account information and pay your bill.
- View past or future appointments.
- Request an appointment.
- Review your chronic disease information.
- Access your MyChart account through your iPhone or Android smartphone using the MyChart mobile app.

"It's an awesome tool to track appointments and your medical information," notes Beverly Hartman, 77, of Sterling Heights.

Bev said that signing up for MyChart was easy, and she can

now view all her Henry Ford information from her specialists and hospital interactions in one easy-to-use place. Similarly, Bev's physicians are now more efficiently coordinating her care, since they are using the same medical records system.

### SIGNING UP FOR HENRY FORD MYCHART

You will need an activation code to sign up. Your personal activation code will be printed on your discharge summary if you received care in the hospital or emergency department. Otherwise, you can go to [HenryFord.com/Mychart](http://HenryFord.com/Mychart) to request a code.

Once you are signed up, you can access your chart from any computer or smart phone (after downloading the free MyChart mobile app).

### TEST RESULTS

"Amazing" is how MyChart users describe the test results reporting. Your lab and radiology test results are released to your Henry Ford MyChart account as soon as the results are received, many within 24 to 48 hours. Please note your physician may not have reviewed them yet. Select sensitive test results will only be released after your physician has reviewed them.

### "PROXY" ACCESS

You can view a child or loved one's medical record through "proxy" access. Once a MyChart account is activated, go to My Account, then My Family's Records and click on the appropriate choice and fill out the form.

### HEALTH LIBRARY

View animated videos of surgical procedures, learn more about managing a chronic disease or staying healthy – in body, mind and soul. It's all available on the Henry Ford MyChart's health library. Hundreds of topics can be easily searched to find up-to-date, accurate health information.

### PRIVATE AND SECURE

Henry Ford takes great care to ensure your health information is kept private and secure. Access to information is controlled through secure activation codes, personal IDs and passwords. Further, Henry Ford MyChart uses the latest technology to automatically encrypt your session. Unlike conventional e-mail, all Henry Ford MyChart messaging is done while you are securely logged on to our website.



# Henry Ford MyChart



If you need assistance setting up your account or have questions about MyChart, contact [HFMYChart@hfhs.org](mailto:HFMYChart@hfhs.org) or call 1-800-HENRYFORD (436-7936).





# YOUR GARDEN IS YOUR GYM

**I**t's summer in Michigan — time to trade in your free weights for freesias. Swap your dumbbells for bluebells. Trade your treadmill for tomatoes. Tend your garden and reap five important health benefits:

## 1 GET YOUR VITAMIN D

Vitamin D helps your body absorb calcium and helps prevent osteoporosis. You can get it from sunshine, especially during Michigan's spring and summer — 15 minutes three times weekly is all you need. The sun must shine on exposed skin without sunscreen — so go without for the first few minutes, then apply sunscreen to protect against skin cancer.

## 2. EAT WHAT GROWS

A garden helps you eat more fresh fruits and vegetables, which research suggests can lower your risk for stroke, coronary heart disease, high blood pressure, high cholesterol and type 2 diabetes. It may also lower your risk for certain types of cancer. To start your garden, find a spot in your yard that receives at least six hours of sunlight. Start small, and plant things you'd really like to eat.

## 3. CLEAR YOUR MIND

"We derive benefits in terms of the sensory feedback from the smell, touch and engaging in an activity with living plants," notes Karen Buzo, an occupational therapist with Henry Ford Macomb Behavioral Health Services. "Gardening is also a familiar, step-by-step task that keeps us in the present moment. That helps free us from stress — from dwelling in the past or feeling anxious about the future."

Some studies have even linked gardening to a reduction in risk for dementia.

Gardening is proven to decrease cortisol, a hormone that interferes with learning, memory, immune function and bone density while at the same time causing weight gain and increased blood pressure, cholesterol and risk for heart disease.

At the same time, garden soil contains a bacteria that's linked with increased serotonin production in the brain. That's a good thing, because serotonin helps regulate mood, appetite and sleep.

## 4. ENJOY SOME FAMILY TIME

Got kids or grandkids? Teaching them the difference between weeds and plants, how to plant seeds and bulbs and letting them

experience the joy of harvesting things they've grown can:

- Cultivate a lifelong love of gardening and the outdoors.
- Nurture an appreciation for healthy, home-grown fruits and vegetables. (Kids who garden are more likely to eat fruits and vegetables and to try new foods.)
- Prepare them for eventually having homes and gardens of their own.

## 5. TRIM YOUR SHRUBS — AND YOURSELF

The movements you'll make as you garden — digging, planting, pruning, raking and weeding — make for great low-impact exercise.

In fact, one study identified muscle groups and calories burned during 30 minutes of typical gardening activities (see Gardening By The Numbers, at right).

If you're digging or raking, try doing it right-handed 15 to 20 times, then switch to left-handed 15 to 20 times. Research shows that gardening for just 30 minutes daily will also help:

- Increase flexibility.
- Strengthen joints.
- Decrease blood pressure and cholesterol.
- Lower your risk for diabetes.
- Slow osteoporosis.



Gardening helps keep us in the present moment, which helps free us from stress — from dwelling in the past or feeling anxious about the future.

## Gardening By The Numbers

Activity	Muscle Groups Worked	Calories burned per 30 mins. for Women	Calories burned per 30 mins. for Men
Digging/spading the garden	Upper body, back and legs	150	197
Mowing with a rotary power mower	Whole body	135	177
Weeding (if you stoop while you weed)	Legs, hips, buttocks, hamstrings	138	181
Raking the yard	Arms, shoulders, back, hamstrings, buttocks	120	157
Planting	Whole body	135	177
Pruning	Hands, forearms, upper back	135	177

### 5 GROUND RULES

1. Set small, achievable goals for each portion of the day. Don't try to transform your yard in a weekend.
2. Pace yourself, tackling a task steadily, a little at a time.
3. Take five-minute breaks every hour to sit down, stretch and drink fluids.
4. If you must bend, bend with your knees, not your back.
5. Ask for help if you have to move something heavy or awkward.

### PROTECT AGAINST PAIN

Gardening is an activity that can work, even for people suffering from chronic pain or other disabilities. Here are some tips to enjoy gardening without the pain:

- Create raised garden beds. Raised beds are usually 4 to 8 inches above the ground, but beds can be created that are 2 to 3 feet high. Or, look into vertical wall or tabletop gardens.
- Plant in pots. You can plant vegetables, flowers and even fruit trees in pots. Use containers at least 24 inches in diameter. You can put them on movable wheeled carts.
- Use a kneeler. Foam-padded kneelers protect your knees and help prevent backaches.
- Use long-handled tools. Tools with handles 3 to 4 feet long enable you to work more upright.
- Change it up. Divide tasks so that you're not spending a day doing one repetitive motion. For instance, weed a section, then water it, before going on to weed the next section.



# A 'PREVENTABLE' CANCER

*Colonoscopy is the best way to avoid trouble*

Bob Navarro, 40, of Clinton Township, was enjoying New Year's Eve with his family when he felt a cramp in his side.

"It was about 11:30 p.m. and we were just getting ready to watch the ball drop and I said to my wife, 'Honey, I've got a cramp. I have to get up and stretch a minute.' As soon as I stood up, the pain was so intense I went to the floor. It put me on my knees."

It didn't take long for the Navarros to find their way to the Emergency Department. Polyps in the colon are not what anyone would expect in a 40-year-old man, but that is exactly what was causing Navarro's pain.

When a CT scan was inconclusive, Henry Ford Macomb gastroenterologist Gurpreet Singh, DO, recommended a colonoscopy. During the procedure, he removed two large polyps.

"The polyps were advanced and it was likely Bob would have had colon cancer in the next few years."

"The first thing Dr. Singh said to me was 'you are one lucky man,'" Navarro adds. "It was such a humbling experience. I'm

your typical guy. I had no history of problems and no symptoms. I just thought I was having stomach cramps and I put up with it until the pain was too much."

Bob was also diagnosed with colitis, but is a full 10 years away from when it is normally recommended that people receive their first colonoscopy. He says any discomfort or embarrassment related to the preparation for the exam should never discourage people from having the screening.

"My stepfather died from colon cancer. I have a wife and kids. Having something like this happen is not what you expect. It was a stunner. You are just so relieved when they say it isn't cancer," he says.

Excluding skin cancers, colorectal cancer is the second leading cause of cancer-related deaths in the United States. Nearly 97,000 Americans are expected to be diagnosed with colon cancer in 2014 with 40,000 new cases of rectal cancer expected. The chance of developing one of these cancers in your lifetime is about 5 percent.

The only way to know if potential cancerous polyps are developing is by having a colonoscopy. Everyone should undergo one starting at age 50. If no polyps are found, generally you won't need another exam for 10 years.

"Colon cancer is preventable," adds Dr. Singh. "Polyps, which can turn into cancer, are removed during a colonoscopy; this process decreases the risk of colon cancer. Despite this fact, many patients are reluctant to have a colonoscopy. They often have heard from family or friends that the preparation and the test are extremely unpleasant. However, preparation methods have improved dramatically in recent years and the test itself is painless because the patient is sedated."



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Bob Navarro of Clinton Township plays some backyard football with his son, Devon. Bob is healthy today after precancerous polyps were found and removed during a colonoscopy.



# LIGHTS OUT

**A** 20-ounce coffee. Energy drinks. A sugar buzz. No matter what the advertisements may say, there is no substitute for a good night's sleep. In fact, the consequences of insufficient sleep can be severe—even deadly.

"You need your sleep in order to recharge your brain and body for the next day," says Henry Ford Macomb family medicine specialist Taylor Pham, DO. "While people 65 and up tend to need about 30 minutes less sleep than younger people, sleep problems are common. Seniors' circadian rhythms [the body's natural 24-hour clock] is off. You may tend to wake up earlier, not get much sleep at night, and that causes you to nap during the day, which makes it harder to get to sleep when you need to. It's a vicious cycle."

Persistent lack of sleep over time has been linked to many physical and mental health conditions, including:

- Disruptions in thinking, learning, decision-making and reaction times.
- Relationship problems.
- Emotional problems.

- Depression.
- Suicide.
- Increased risk for heart disease, kidney disease, high blood pressure, diabetes and stroke.
- Obesity.
- Weakened immune system.

"One thing you should never do is use alcohol to self-medicate—either because you feel depressed or because you feel like it helps you sleep better," Dr. Pham cautions. "It may make you feel relaxed or feel good just before bed, but besides causing liver issues, you risk excessive sedation. Alcohol is a depressant, so it will make problems worse."

Sleep aids — either prescription medications or those you can buy over the counter — should be used with caution, and only as a temporary measure, Dr. Pham adds.

"It's easy to become dependent on sleep aids or antianxiety medications like Xanax, and they can cause memory problems. Medicines are just for short-term use until you figure out what you really need to do to improve your sleep quality."



## WHEN SHOULD YOU SEE YOUR PHYSICIAN?

Dr. Pham advises getting help when you notice your quality of life is impacted.

"When it gets to the point where you're so tired you're having difficulty staying alert through the day, if people notice you are dragging, and you feel like you can't enjoy anything, we want you to come see us."

**!** The Henry Ford Macomb Sleep Medicine Center makes it easy for patients to be evaluated and receive treatment for sleep issues. All patients begin by completing a questionnaire and a sleep diary, before a physician takes a complete medical and sleep history.

If necessary, patients are scheduled to stay overnight at the Sleep Medicine Center for a polysomnography, a painless test that monitors sleep patterns as well as heartbeat, breathing, oxygen levels and other body functions during a night of sleep.

Sleep Medicine Center patients may get a physician's prescription for testing, or may schedule an appointment directly with the Center. Some patients may need an appointment with our sleep specialist prior to testing to ensure that the appropriate data is recorded.

To schedule an appointment at our Clinton Township Center, call (586) 203-1030.

## 5 TIPS FOR A GOOD NIGHT'S SLEEP

1. Get in an aerobic workout daily — mornings are ideal, but try to finish a few hours before bedtime.
2. Avoid alcohol, especially within four to six hours of bedtime.
3. Avoid caffeine, especially after noon.
4. Keep electronics — like computers, tablets and phones — out of the bedroom.
5. Go to bed at the same time every night.







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

## Ask A Pharmacist

Henry Ford pharmacists will be available to discuss how to take your medications safely in this informal, walk-in event. Be sure to bring your medications or a list with the name, dosage and frequency so that the pharmacists can answer any questions you may have. Registration is required.

Aug. 21

5:30 to 8:30 p.m.

Clinton Township hospital

## Bariatric Support Group

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

July 23, Aug. 27, Sept. 24

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

- Aug. 11, Sept. 8, Oct. 13

6:30 to 8 p.m.

Clinton Township hospital

- Aug. 28

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

Clinton Township hospital

- July 28 or Sept 22

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. 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.

## 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.

Aug. 14, Sept. 11 and Oct. 9

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.

Aug. 14

10 to 11:30 a.m.

Clinton Township hospital

## Caregiver Café

The free 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.

- July 22 – Nutrition Management
- Aug. 19 – Help with hands-on care and home safety
- Sept. 23 – Understanding and managing behavioral changes

1 to 2 p.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.

Aug. 20, 6 to 7 p.m., Fremont Scott, DO

Clinton Township hospital



## Senior Safety Class

Find out how to reduce 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. Light refreshments will be served.

Aug. 20

10 to 11 a.m.

Clinton Township hospital

## Women's Health Retreat: Save the Date

You're invited to join us for a special event focused on your health and well-being. This health 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.

Sept. 27

Skyline Camp and Retreat Center, Almont  
Call (800) 532-2411 for more details and pricing information.

## WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs. The options include:

- **Decision-Free Diet**, the medically supervised program designed for those who wish to lose more than 30 pounds
- **Healthy Solutions** for those seeking moderate weight loss
- **Simple Choices**, a less structured program

Weight loss classes take place in 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, call (586) 263-2237 unless otherwise noted.

## 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

Clinton Township hospital

## Cancer Survivorship Workshops: Living With, Through and Beyond Cancer

Join us for free workshops that offer cancer survivors, their families and friends practical information from leading cancer experts to help cope with cancer concerns, especially those that arise after treatment ends. Participants are encouraged to come with their questions and personal tips in dealing with their cancer. Light refreshments will be provided. To register, call (800) 532-2411.

- **Understanding peripheral neuropathy**  
Aug. 14  
1:30 to 3 p.m.  
Clinton Township hospital
- **Age and cancer — The impact of a cancer diagnosis at each stage of life**  
Sept. 4  
1:30 to 3 p.m.  
Clinton Township hospital

## 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

Clinton Township hospital

## 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.; Clinton Township hospital

## COMPLEMENTARY MEDICINE

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

## 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, beginning Sept. 9

6 to 7 p.m.

MORC Rehab Services, Clinton Township

Cost: \$60 for 10 weeks

## 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, beginning Sept. 11

6 to 7 p.m.

MORC Rehab Services, Clinton Township

Cost: \$60 for 10 weeks

## 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

6 to 7:30 p.m.

Clinton Township hospital

## Reiki Practitioner Training

Advanced Level

Sept. 13

9 a.m. to 6 p.m.; Clinton Township hospital

Call for pricing information.



# 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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*Now win back your  
peace of mind.*

**\$99** LUNG CANCER  
SCREENING



HENRY FORD  
MACOMB HOSPITALS

TOGETHER, WE CAN TAKE THE FIRST STEP TOWARD LIVING A HEALTHIER FUTURE.

Henry Ford Macomb now offers an innovative lung cancer screening that can detect early stages of cancer – and increase your chances of surviving it. Although not covered by insurance, this life-saving exam offers priceless relief for just \$99.

Eligibility for the screening will be determined at the time of appointment scheduling. Criteria include:

- Age 55-74.
- Current smoker or former smoker who quit less than 15 years ago.
- Smoked a pack a day for 30 or more years (or equivalent packs in fewer years).

To find out if you're eligible or to make an appointment, visit [henryford.com/lungscreening](http://henryford.com/lungscreening).