



HENRY FORD  
MACOMB HOSPITALS

# LIVEWELL

SPRING/SUMMER 2015

## ALSO INSIDE:

- >> LET'S STEP OUTSIDE
- >> HEALTHY SKIN IS MADE IN THE SHADE
- >> THE TRUTH ABOUT MENOPAUSE AND WEIGHT GAIN

The 411 on  
**BONES and  
JOINTS**



# short takes

## WHAT'S HOT THIS SPRING?

### HEALTH AND WELLNESS AND SHOPPING

Once again this summer, Henry Ford Macomb is partnering with The Mall at Partridge Creek to offer fun, free options for improved health.

- The popular Wellness Wednesdays are back. Every Wednesday during June, July and August, Henry Ford Macomb offers a way to stay active in a unique setting.
- On July 10 and 11, Partridge Creek will host its annual Strolling Sidewalk Sale featuring a healthy cooking demonstration and skin cancer screenings brought to you by Henry Ford Macomb.
- Cooking with Fresh Herbs: Join Trevor Johnson, resident farmer at the Henry Ford West Bloomfield Hospital Greenhouse, to learn more about planting and harvesting fresh herbs and the many health benefits of incorporating them into your diet. This free class is Aug. 7 from 12:30 to 1:30 p.m. Call to register at **(800) 532-2411**.

Check out our events calendar for more details on these free and fun offerings at [HenryFordMacomb.com/Wellness-Wednesdays](http://HenryFordMacomb.com/Wellness-Wednesdays).

### BECOME A MEMBER OF HENRY FORD INSIGHTS

Join Henry Ford Insights, a community of people that shares feedback by participating in short online surveys. We value your insight, and your opinions will help us improve experiences for you and others at Henry Ford.

Members of the Henry Ford Insights community receive an email once or twice a month with a link to complete short online surveys.

#### TOPICS MAY INCLUDE:

- Patient care experiences.
- Better ways to partner with patients.
- New services and improvement ideas.

#### AS A MEMBER, YOU WILL:

- Help us improve the care we provide.
- Receive results about what other people like you think.
- Learn about improvements made as a result of your feedback.
- Be entered into drawings to win a \$300 Amazon e-gift card every quarter.

Visit [HenryFordInsights.com](http://HenryFordInsights.com) to learn more and join.



### THE NEW MIDDLE-AGED HEALTH THREAT: COLORECTAL CANCER

In most cases, your doctor won't bring up the word *colonoscopy* until you've reached your 50th birthday. This screening test has cut colorectal cancer rates in older adults in the past two decades. But the opposite — an uptick — has occurred among younger patients.


In fact, a new study suggests by the year 2030, for individuals younger than 50, more than one in 10 will be stricken with colon cancer and almost one in four will contract rectal cancer. That's up from 5 percent and 10 percent, respectively, in 2010.

### WHAT'S BEHIND THE YOUTHFUL TREND

Doctors can't give a clear explanation for this shift. On the one hand, it reflects the fact that more older adults than ever now get colonoscopies. As their rates of colorectal cancers decline, the cancer rates of younger patients automatically increase.

Obesity, lack of exercise and a traditional Western diet are possible explanations. All increase the risk for malignancies. And all seem to be on the rise among younger Americans.

So talk with your doctor and don't be surprised if he or she advises beginning colonoscopies at a younger age. Conditions such as colitis or Crohn's disease, or a family history of colorectal cancer, may warrant an earlier start.



# OUR TEAM HAS YOUR BACK

Back pain can not only keep you from activities you love, it can affect your mood, your sleep and your ability to exercise. That's why it's the second leading symptom prompting physician visits in the United States.

"If you have back pain, see your personal care physician," advises Henry Ford Macomb physical medicine and rehabilitation specialist Geoffrey Seidel, MD. "He or she is the front line for managing back and spine pain. Your physician may provide you with medications or a therapy prescription or recommend exercise. As long as you get better rapidly with this treatment, then that is a successful treatment plan."

Dr. Seidel notes that 90 percent of patients can get better working with their personal care physician. If symptoms are not resolving, the Henry Ford Macomb Spine Center can provide focused, advanced care to prevent long-term disability from chronic back pain. Henry Ford Macomb is working to improve spine care by increasing coordination monitoring and facilitating rapid recovery with the new Spine Center.

## INTRODUCING A NEW LEVEL OF CARE

The Henry Ford Macomb Spine Center, on the campus of Henry Ford Macomb Hospital in Clinton Township, may look like an ordinary building. But what happens when you walk in the door is revolutionary.

Callers can anticipate an immediate response from the


Center's nurse, who will help navigate each patient's path to improved health. Patients can expect personalized, coordinated care, with quality controls in place to ensure the best treatment possible, provided by the best physicians in the region.

"Historically, with back pain treatment, the onus has always been on the patient to schedule therapy and specialist appointments with approved providers," explains Dr. Seidel, who is the center's medical director. "Just dealing with the sheer number of parties can drag on for many months. We've created a one-stop solution to diagnose and treat back pain: a streamlined diagnostic workup, prioritized therapy and appropriate specialist appointments, coordinating and facilitating personalized care."

A nurse navigator works with each patient to coordinate care, facilitate insurance preapprovals and ensure the treatment plan is on track. Our on-site team of highly trained physician specialists, nurses and physical therapists meets regularly to discuss patient cases, helping ensure a controlled and efficient treatment program. Non-surgical treatment is the primary goal for spine care, but it is recognized that 10 percent of back pain patients may benefit

from surgery. That aspect of care is also coordinated through the Spine Center.

"Patients have fewer co-pays because they have fewer treatment visits. We've enabled our patients to have the skill sets to be successful, and that's the thing that works. The Spine Center is a process; a structure; a pathway; a team. The reality is, if you make the process three times more efficient, you're going to improve faster and get answers quicker. We've achieved something new here, and that's exciting," says Dr. Seidel.

 For more information about the Henry Ford Macomb Spine Center or to make an appointment, call **(586) 263-2345**.

## Managing Back Pain

Join physical medicine and rehabilitation specialist Geoffrey Seidel, MD, for a discussion of the latest developments in back pain management and the treatment model offered in the new Henry Ford Macomb Spine Center.

**June 22**

**6 to 7 p.m.**

**Clinton Township hospital**



# LET'S STEP OUTSIDE

*Mild weather has finally made it to Michigan. And that means your gym could be right outside your door.*

**G**etting outside for physical exercise gives you not only the health benefits that come with cardiovascular activity but also the benefits to your mental health that come with just being outdoors,” says Henry Ford Macomb internal medicine specialist Gregory Gould, DO. “When you get an opportunity to enjoy activities outside, it makes a difference. You’re finally out of the confines of the house, in the freshness of nature, and that really opens you up to the possibilities of trying some different activities.”

Some research even suggests exercising in green spaces has health benefits you won’t get working out indoors, such as improved heart rate and blood pressure and decreased levels of cortisol (the stress hormone). As it turns out, that’s a good thing for your body, your mind and your wallet. As a nation, physical inactivity is expensive – racking up about \$75 billion a year in healthcare expenses.

“Being active can help you combat obesity, overall general sickness and even depression,” Dr. Gould notes.

## STEP OUTSIDE AND TRY:

**WALKING** Regular walks can lower blood pressure, prevent weight gain and boost your energy. Get a pair of supportive shoes, ideally made for walking or running. A one-hour walk burns more than 200 calories.

**HIKING** A hike can get you out into nature and away from the daily grind. It challenges your muscles to work in different ways to keep you stable on uneven terrain, and it can burn about 430 calories per hour.

**RUNNING** Invest in a good pair of running shoes. To preserve their support and cushioning, wear them only for running and replace them every 300 to 400 miles. A 30-minute run can burn about 300 calories.

**JUMPING ROPE** Jumping rope is a great aerobic workout and can improve your coordination. You can burn more than 200 calories if you do it for 10 minutes twice a day.

**BIKING** An hour ride on your bike can tone your legs and hips and burn up to 475 calories.

**KAYAKING OR CANOEING** Get out on the water! Many area parks offer canoe, kayak and paddleboat rentals, and an hour of canoeing or kayaking burns about 340 calories.

**TENNIS** Many area schools have tennis courts that are available on a first-come, first-served basis when school lets out. Tennis can burn about 540 calories per hour.



**GOLFING** Golf is a great social sport, and when you carry your own clubs, it’s a great workout for your arms, abs, back and shoulders, burning more than 300 calories an hour.

“If you don’t exercise a lot, start slow and listen to your body,” Dr. Gould advises. “Getting started can be as simple as going out back and forth to the

mailbox, walking around the block with your family or taking the dog for a walk. Thirty minutes a day is a good goal to set, but if you can’t do that, aim for five days a week. Michigan gives us the opportunity to do so many things on land and in the water. The variety is one of the biggest benefits of living here, so get out and take advantage of everything this area has to offer.”

# It takes WHAT to burn that off?!

Want to know what your meal choices add up to in workouts? Check our chart (all calculations based on 150-pound adult).

## CALORIE COUNTER

## WHAT IT TAKES TO BURN IT OFF

### BREAKFAST



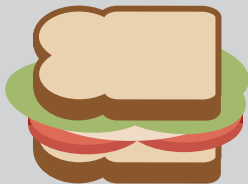
Bagel <sup>(270)</sup> plus  
cream cheese <sup>(50)</sup>  
320 calories

=

40 minutes  
of moderate rowing



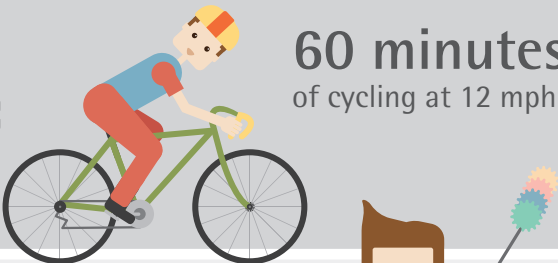
### LUNCH



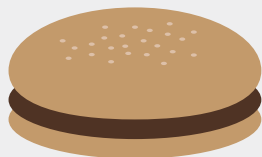
Turkey sandwich  
w/cheese, lettuce,  
tomato, mayo  
530 calories

=

60 minutes  
of cycling at 12 mph



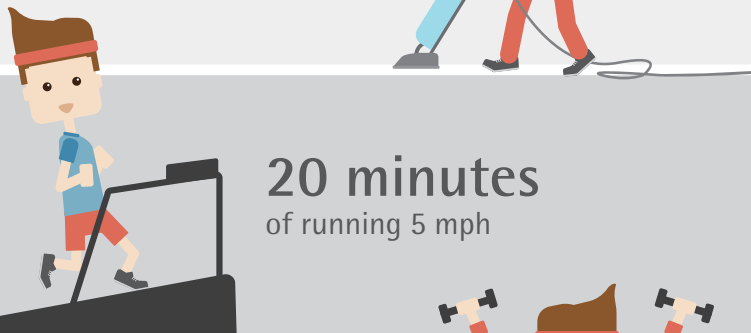
### DINNER



Hamburger  
1/4 lb. on a bun  
450 calories

=

2 hours and  
10 minutes  
of housework



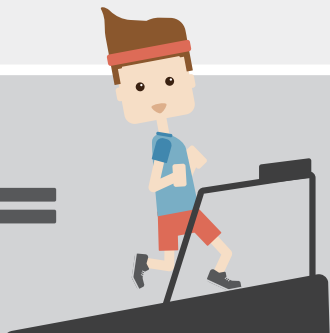
### DRINK



12-oz. soda  
190 calories

=

20 minutes  
of running 5 mph



### SNACK



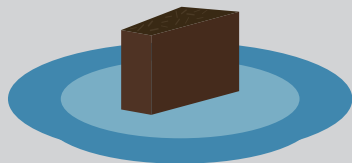
Potato chips  
(1-oz. bag)  
145 calories

=

20 minutes  
of moderate aerobic dance



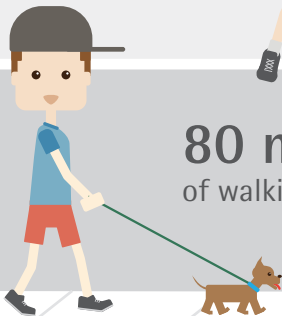
### DESSERT



1 piece of German  
chocolate cake  
400 calories

=

80 minutes  
of walking at a brisk pace



## OUTDOOR ACTIVITY BOUNTIFUL IN MACOMB COUNTY

No matter where you live in Macomb County, an escape to the great outdoors is not far away. Consider these Macomb County fast facts:

- 17,642 acres of parks, recreation and open space.
- More than 155 miles of trails.
- More than 180 municipal parks.
- 32 miles of Lake St. Clair coastline and 81.5 miles of the Clinton River.
- The county operates major parks and recreation destinations: Freedom Hill, the Macomb Orchard Trail and the James B. & Ann V. Nicholson Nature Center and Floodplain Conservation Easement.
- The Huron/Clinton Metropark Authority operates three parks in Macomb County: Stony Creek Metropark, Lake St. Clair Metropark, and Wolcott Mill Metropark.

For more information about outdoor spaces and activities in Macomb County, visit [makemacombyourhome.com](http://makemacombyourhome.com).



Entrance to the Macomb Orchard Trail.



# ARE YOU GAINING 'MENOPOUNDS'?

You're not imagining it. Once women hit menopause, it really is harder to lose weight and **KEEP IT OFF.**

"In menopause, the ovaries produce less estrogen," explains Henry Ford Macomb gynecologist Laila Shehadeh, DO. "Animal studies show estrogen helps control body weight. With a lack of estrogen, we tend to eat more and be less physically active, and that lowers your metabolic rate."

While there may be other factors behind your weight gain, such as lifestyle changes due to added work responsibilities or the stress of caring for older children or grandchildren, research shows that a decreased level of estrogen does change your body composition and fat distribution.

Simply put ...

- With less estrogen, your body burns fewer calories—even if your diet stays the same.
- Those extra calories have a tendency to wind up as deposits of fat in your belly.
- The fat deposits in your belly can set the stage for a number of serious health issues.

"We really have a problem with obesity in America in general," Dr. Shehadeh notes. "The average age of menopause for women in the United States is 51, so that's

a given. Thirty percent of women ages 50 to 62 are obese—not just overweight, but actually obese. Things become crucial as we cross that line — obesity can make women vulnerable to heart disease, diabetes (including insulin resistance) stroke and even cancer. Uterine and breast cancer have both been linked to weight gain."

## FAT CELLS AND CANCER IN WOMEN

After menopause, a woman's primary source for estrogen becomes her body fat.

"Fat cells convert into weak estrogen and, in women, that weak estrogen targets breast cancer and uterine tissue," explains Dr. Shehadeh. "If a woman is obese, the estrogen constantly stimulates cells in the breast and uterus, continually building up the tissue there. That multiple proliferation of the lining becomes cancer."

## THE TROUBLE WITH BELLY FAT

While excess weight is never a good thing, belly fat can be particularly problematic. Belly fat is one herald of metabolic syndrome — a cluster of serious

health problems that include increased blood pressure, high blood sugar and abnormal cholesterol levels, all of which increase the risk for heart disease, stroke and diabetes.

Excess fat can also worsen menopausal symptoms, making hot flashes, night sweats, insomnia, headaches, mood swings and forgetfulness more severe.

## DON'T FORGET YOUR BONES

As if weight gain were not enough to think about, the decrease in estrogen can also set the stage for bone loss and osteoporosis.





## The Solution Is Simple

"Eat less, work out more," advises Dr. Shehadeh. "The change doesn't have to be dramatic."



**EXERCISE** "For my patients who exercise two to three days a week, I tell them to add five or 10 minutes to the workout or increase it to five days a week," Dr. Shehadeh says. "High-impact cardio (running, jumping rope or jumping jacks) is what helps you burn fat."

Dr. Shehadeh notes there are added benefits of increasing your exercise, beyond just weight loss.

"You create endorphins, and that helps you get rid of the anxiety and depression that can happen in menopause. Also, with high-impact cardio exercise, that movement and that pounding of your feet help you create good bones. You're lowering your risk for osteoporosis, heart disease and heart attack. We all have decreases in our hormones, and with that, our muscle mass will decrease, but remember, you're not fighting a losing battle. You just have to work harder."

For patients who don't exercise regularly, start slowly. "I would never tell somebody to suddenly start working out five days a week, but you do have to start," Dr. Shehadeh urges. "Take baby steps. And always talk with your doctor about beginning an exercise program."

**DIET** "Diet is also very important," adds Dr. Shehadeh. "You want to eat plenty of fruits and vegetables and fewer fats."

**VISIT YOUR GYNECOLOGIST** "A visit to the gynecologist is about more than just a Pap test," Dr. Shehadeh emphasizes. "You may need a Pap test to screen for cancer every three years, but that doesn't mean we don't want to see you every year to do a breast exam, make sure your bone density is up-to-date, discuss cancer risks and talk about menopause. There's a lot to discuss — should you be taking calcium or vitamin D-3? How is your vaginal health, bladder health, general health? Just the weight gain alone can make women in menopause feel depressed, and it helps to have a physician tell you that you fall into the norm. That's all you need to hear sometimes. A validation of your concerns can be enough to get us motivated to go out there and keep trying."





# HEALTHY SKIN IS MADE IN THE SHADE

**This may not be the Sunshine State, but even in Michigan, skin cancer is a real risk.**

“It’s a major concern. Skin cancer is the most common form of cancer in the United States,” says Henry Ford Macomb family medicine physician Farrah Hafeez, DO. “Even on cloudy days, harmful rays can reflect off surfaces such as water, cement, sand and snow. Protection from ultraviolet [UV] rays is needed all year round.”

In fact, every year about 250 people in Michigan die of melanoma (the most dangerous form of skin cancer) – the rate of melanoma deaths in Michigan has doubled since 1975.

Basal cell carcinoma – the most common skin cancer – and squamous cell carcinoma may resemble an open sore, a red patch or a wart. Squamous cell carcinoma may crust or bleed. Melanoma will often look like a mole and is usually black

or brown, although it can also be pink, red, purple, white or flesh-colored. When caught early, melanoma is usually curable, but if it spreads, it is usually fatal.

“People often believe that skin cancer is ‘not a big deal’ and can simply be removed,” Dr. Hafeez adds. “This assumption is false. While basal cell and squamous cell are often curable, they can disfigure you. Melanoma, on the other hand, is dangerous and causes the most deaths. Extended sun exposure can have lasting effects. Our young people may not take sun cancer seriously now, but they need to realize that the choices they make can have detrimental effects in the long run.”

“Perform regular skin self-examinations so you are familiar with your skin,” she adds. “Consult your physician on how to do the exam and how often. Websites from the American Academy of Dermatology and the Skin Cancer Foundation can help guide you. This small time investment could be lifesaving.”

## DR. HAFEEZ ADVISES THE FOLLOWING PRECAUTIONS:



Don’t get sunburned. Sun overexposure is the most preventable risk factor for skin cancer.



Don’t suntan or use tanning beds.



Apply sunscreen 30 minutes before venturing outdoors. It should be SPF 15 or higher and broad spectrum, or UVA/UVB, coverage. Reapply every two hours and after swimming or sweating.



Wear clothing that covers your arms and legs. Tight-woven fabrics and dark colors offer the most protection. Wear a wide-brimmed hat that covers your head, face, ears and neck.



Don’t forget your UV-blocking sunglasses.



Stay in the shade—especially when the sun’s UV rays are most intense, between 10 a.m. and 4 p.m.



# HOW YOUR BONES AND JOINTS CHANGE WITH AGE

AS WE AGE, IT'S NORMAL TO NOTICE SMALL CHANGES. BUT MOST OF US DON'T REALIZE THE EFFECT AGING HAS ON OUR SKELETAL SYSTEMS.

## HOW BONES CHANGE

The body naturally removes old bone and replaces it with new bone. When you are young, bone is replaced much more quickly than it is lost. This is when you are building stronger and denser bones. Around age 30, most people reach their peak bone mass.

After reaching peak bone mass, your body replaces about as much as it loses for a while. But by around age 40, less bone is replaced. And this causes the bones to become thinner and weaker, increasing the risk for osteoporosis.

## HOW JOINTS CHANGE

Your joints are also living, active tissues that can change over time. Loss of water content, as well as normal wear and tear, can take their toll, breaking down the top layer of cartilage. This slippery tissue is important. It covers the ends of the bones in joints, helping them glide easily and absorb the shock of movement. When the cartilage wears away, osteoarthritis can occur.

But not all age-related joint problems are unavoidable. One that is not a natural part of aging, but often occurs with age, is inactivity. As we get older, we begin to taper off our exercise. But it's important to remember that inactivity can stiffen our joints, not to mention weaken our muscles. Those who

avoid the stereotypical sedentary lifestyle of older age are rewarded with better bone and joint health.

## TURNING BACK THE CLOCK

There are many things you can do to boost your bone and joint health, preventing or delaying problems. Try these tips:

- **ASK YOUR DOCTOR** whether medication may be affecting your skeleton. A number of drugs contribute to bone loss, including certain cancer treatments and glucocorticoids, which are used to treat many diseases, such as asthma, Crohn's disease and lupus.
- **EXERCISE REGULARLY.** Physical activity keeps your joints more flexible and can minimize bone loss as well as help you maintain muscle mass, which strengthens surrounding bone and helps prevent falls.
- **GET ENOUGH CALCIUM AND VITAMIN D.** These nutrients are essential for building and maintaining strong bones. Your doctor can tell you how much you need.
- **KEEP YOUR WEIGHT AT A NORMAL LEVEL.** Carrying too much weight puts stress on the joints and can lead to increased wear and tear and greater risk for osteoarthritis.

## NEW HIPS, NO PAIN



Pat Anderson of Clinton Township is back on the court.

Luckily, advancements in total knee and hip surgeries are giving patients more options and amazing outcomes. Just ask Henry Ford Macomb Center for Joint Replacement alumnus Pat Anderson of Clinton Township.

Pat was an avid tennis player since age 12. By age 51, his hips were starting to complain, and in 2012, it became apparent he needed them both replaced.

"I was worried that I might end up with a limp or in a wheelchair," Pat remembers.

He attended a joint replacement seminar at Henry Ford Macomb.

"I was absolutely thrilled with the setup there," he reflects.

"The patient rooms were big and spacious. The rehab center was right down the hall, and I immediately said, 'This is an OK place.'"

He had his right hip replaced in 2012 and his left in 2013. Today his hip discomfort is truly a thing of the past.

"I do anything I want to do. I am one of the most lucky, blessed guys walking the face of the earth. Good people took care of me. I had a tremendous surgeon; the fourth floor at the Clinton Township hospital is one of the most well-staffed units you've ever seen. It's world-class."

For people facing the prospect of joint replacement, Pat advises, "Get a good doctor. Find an orthopedic surgeon who knows hips, knees, ankles or whatever is bothering you. Secondly, commit to the rehab program. Do it 100 percent, to the point where your therapist is telling you to slow down."

## 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.

June 16, 5:30 to 6:30 p.m., Mark Ryan, DO

July 7, 1 to 2 p.m., Kenneth Scott, DO

Aug. 13, 6 to 7 p.m., Fremont Scott, DO

Clinton Township hospital



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

## American Red Cross Blood Drive

Your opportunity to donate life-saving blood is July 7 or Aug. 28, from 7 a.m. to 6:45 p.m. at the Clinton Township hospital. To schedule an appointment, visit [RedCross.org](http://RedCross.org) and enter code: henryfordmacomb or call (800) 733-2767.

## Bariatric Support Group

Join patients and family members for monthly discussions about post-surgical weight management and other topics of interest. June 24, July 22 and Aug. 26 7 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. June 8, July 13 or Aug. 24, 6:30 to 8 p.m. Clinton Township hospital May 28 or July 30, 11 a.m. to 12:30 p.m. Clinton Township hospital June 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. To find out about specific class dates and for questions, call the Bereavement Team at (248) 588-2389. Thursdays, 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. June 11, July 9 or Aug. 13 11 a.m. to 1 p.m. Clinton Township hospital - Main Lobby

## 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 setting. Registration is required for these free sessions. June 23 - Caregiving 101 July 21- Advance Care Planning Aug. 25 - Spiritual Support 1 to 2:30 p.m. Clinton Township hospital

## Cooking with Fresh Herbs

Join Trevor Johnson, resident farmer at the Henry Ford West Bloomfield Hospital Greenhouse, to learn more about planting and harvesting fresh herbs and the many health benefits of incorporating fresh herbs into your diet. He will also discuss how the hospital is using hydroponics to grow fresh produce for the inpatient setting. Please call to register for this free class at (800) 532-2411. Aug. 7, 12:30 to 1:30 p.m. The Mall at Partridge Creek - Center Court Area

## Dance Jam

It is time to jam like you are on the dance floor! Possible inspirations for this fun workout are pop, Latin and hip hop. You'll enjoy this muscle-pumping, calorie-burning blast as

you lose yourself in the music and find yourself in shape. Mondays, starting June 1, 5:15 to 6:15 p.m. MORC Rehab Services Cost: \$30 for five weeks

## Diabetes Empowerment Groups

This free monthly support group offers a variety of educational topics to help you learn more about managing diabetes and gives you an opportunity to network with others. Call (313) 874-7495 for more information. Second Wednesday of the month 6 to 7:30 p.m. Shelby Macomb Medical Mall, Suite 070

## Diabetes Management

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.

## 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 is required. Saturdays; please call for available appointment times Cost: \$99 Pre-registration is required, call (800) 532-2411.

## 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.



June 16, 5:30 to 6:30 p.m., Mark Ryan, DO  
July 7, 1 to 2 p.m., Kenneth Scott, DO  
Aug. 13, 6 to 7 p.m., Fremont Scott, DO  
Clinton Township hospital

## Managing Back Pain

Join physical medicine and rehabilitation specialist, Geoffrey Seidel, MD, for a discussion of the latest developments in back pain management and the treatment model offered in the new Henry Ford Macomb Spine Center.

June 22, 6 to 7 p.m.  
Clinton Township hospital

## Senior Safety

Find out how to reduce your risk for falls. We will discuss prevention tactics that will decrease your likelihood of injury and hospitalization, and help you stay healthy and independent. Light refreshments will be served.  
July 8, 1 to 2 p.m.  
Aug. 13, 4 to 5 p.m.  
Clinton Township hospital

## Smoking Cessation

Is it time for you to quit smoking? A variety of programs and options are available through Henry Ford Health System Tobacco Treatment Services. Call (888) 427-7587 for more information.

## Sports Physicals – Henry Ford Macomb Health Centers

Our \$26 physical examination includes measuring height and weight, a blood pressure check and a vision exam. Walk-ins are welcome. For more information call the Fraser Center at (586) 285-3999; the Chesterfield Center at (586) 421-3052; Bruce Township Center at (810) 798-6418; Shelby Macomb Medical Mall (586) 323-4700.

## WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs: the medically supervised Decision Free Diet 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 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.

### Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker, will give patients an opportunity to express their feelings 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 demonstrate how to choose the make-up, wigs, scarves and hats to best complement your appearance. Registration is extremely important - please call (586) 263-2237.  
Second Wednesday of the month 2:30 to 4 p.m.

## EXPECTANT AND NEW PARENTS

For more information about our pregnancy and newborn education programs, or to learn more about our birthing team, call (800) 532-2411.

### Breastfeeding

This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby. Cost: \$20  
June 1 or July 13, 7 to 9 p.m.  
Clinton Township hospital

## Childbirth Workshop

This one-day Saturday workshop covers the process of labor and delivery, labor coping techniques and support skills. Cesarean birth, medical procedures during labor and delivery and a tour of our Birthing Center also is included.

June 6 or July 18, 8:30 a.m. to 4 p.m.  
Clinton Township hospital  
Cost: \$65

A weekly series is also available; please call for more information.

## COMPLEMENTARY MEDICINE

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

### Developing Your Intuition

How we think matters. Learn your intuitive language and manifest a more productive, enriched and meaningful life. By understanding our intuition, we are able to more easily set and achieve goals, make better decisions and positively shape our future.  
Mondays beginning June 8, 6:30 to 8:30 p.m.  
Clinton Township hospital  
Cost: \$100 for six-week class

### Personal Intro to Reiki

Reiki is an ancient, hands-on relaxation technique that promotes wellness by integrating and balancing your physical, mental, emotional and spiritual health.  
June 23, 6 p.m. to 7:30 p.m.  
Clinton Township hospital

### 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.  
Tuesdays, beginning May 26, 4:45 to 5:45 p.m.  
Thursdays, beginning May 28, 6 to 7 p.m.  
MORC Rehab Services  
Cost: \$30 for five weeks



LIVEWELL

*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. © 2015 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.

 HENRY FORD  
MACOMB HOSPITALS  
15855 19 Mile Road  
Clinton Township, MI 48038

Nonprofit Org  
U.S. Postage  
**PAID**  
Henry Ford  
Macomb Hospitals  
48120

 Printed on Recyclable Paper 10601MA

CONNECT WITH US ONLINE AT HENRYFORDMACOMB.COM.



  
HENRY FORD  
MACOMB HOSPITALS

**FROM COLD SYMPTOMS OR EARACHES TO BUMPS AND BRUISES, THE HENRY FORD MACOMB URGENT CARE CENTERS ARE HERE FOR YOU AND YOUR FAMILY.** Our board certified physicians and specially trained staff are available at our four conveniently located centers. You can be assured of receiving the highest quality care at these nationally certified urgent care sites.

We have locations in Bruce Township, Chesterfield Township, Fraser and Shelby Township ready to serve you weekdays from 8 a.m. to 10 p.m. and weekends/holidays from 10 a.m. to 6 p.m.

*For more information about our urgent care services, visit [HenryFordMacomb.com/UrgentCare](http://HenryFordMacomb.com/UrgentCare)*