

# LIVEWELL

WINTER 2015

## ALSO INSIDE:

- >> INCREASE  
YOUR ACCESS TO  
HEALTH CARE
- >> BROKEN HEART  
SYNDROME AND YOU
- >> NO PAIN, NO GAIN?

Feed your  
EMOTIONAL HEALTH



# short takes

## WHAT'S HOT THIS WINTER?

### URGENT CARE PROVIDES HIGH-QUALITY, CONVENIENT SERVICE

For illness or injuries that can't wait, but don't require Emergency Department care, Henry Ford Macomb Urgent Cares are there to help. Urgent Care can handle:

- Bladder infections.
- Broken bones or sprains (If bone is showing or limb is deformed, go directly to the ER).
- Earache, cough and/or sore throat.
- Fever (If under 6 months of age, go to the ER).
- Illness with nausea, vomiting and/or diarrhea.
- Minor asthma-related symptoms.
- Minor cuts or animal bites where bleeding is controlled.

Our centers are certified by the Urgent Care Association of America (UCAOA), placing them among a select few around the country that have met all of UCAOA's nationally standardized criteria.

To learn more about the centers in Bruce Township, Chesterfield, Fraser and Shelby Township, go to [HenryFordMacomb.com/urgentcare](http://HenryFordMacomb.com/urgentcare).

### GOOD SLEEP ESSENTIAL TO GOOD HEALTH

Chronic sleep problems can take a toll on your physical and mental health.

**You may have a sleep disorder if you:**

- have been told that you snore.
- feel tired, even after a full night's sleep.
- have headaches when you wake up in the morning.
- fight falling asleep during your daily activities.
- have trouble falling asleep.
- need sleeping pills to fall asleep.
- work swing shifts.

If any of those apply to you, it might be time to take action. The Henry Ford Macomb Sleep Medicine Center is designed to make it easy for patients to be evaluated and receive

treatment. 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.

For more information about the Clinton Township Center, go to [HenryFordMacomb.com/sleepdisorders](http://HenryFordMacomb.com/sleepdisorders). To schedule an appointment, call (586) 203-1030.



### VITAMIN B KEEPS IMMUNE SYSTEM HEALTHY

Vitamin B comes in many shapes and sizes. Vitamins B6 and B12 boost your immune system and can help keep you from getting sick.

A healthy immune system can protect you from bacterial and viral infections, such as the common cold or the flu. These B vitamins also keep your blood cells and nervous system healthy. And they may play a part in preventing cancer.

Unfortunately, most people are not taking advantage of B's benefits because they may not be getting all of the B vitamins they need. In fact, experts estimate that close to two-fifths of Americans are in the "danger zone" for vitamin B12 deficiency.

How can you make sure you're getting enough vitamin B to stay healthy? Check the "Nutrition Facts" panel on food labels. Vitamins B6 and B12 are found in a variety of natural food sources, including meat, poultry and fish.

Foods that are high in vitamin B6 include beans, whole grains, nuts, peanut butter and fruits and vegetables.

Good sources of vitamin B12 include dairy products and eggs.

# Physician Extenders Increase Access to Care

When we think about health care services, going to the doctor often comes to mind. But nurse practitioners and physician assistants provide many of the same services as physicians. And they are important members of the health care team. What do these providers do?

“At Henry Ford Macomb, nurse practitioners and physician assistants work together with physicians to provide the best care possible. They are part of the health care team,” explains Christopher O’Connell, DO, Ambulatory Division Chief at Henry Ford Macomb. “These providers work in hospitals, emergency centers, primary care and specialty offices, health clinics and more.”

## WHAT’S THE DIFFERENCE?

Dr. O’Connell explains that nurse practitioners and physician assistants have similarities. Both are able to evaluate and care for most common medical conditions. For example, they treat everything from the cold and flu to managing chronic diseases like diabetes and heart disease.

Nurse practitioners and physician assistants can also prescribe some medications. And many specialize in a specific area of medicine, such as women’s health, pediatrics, orthopedics, emergency medicine and much more. The main differences are their background and training.

Nurse practitioners are experienced registered nurses who go on for advanced education and training. Most have a master’s degree in advanced practice nursing and some have a doctorate. In some states, nurse practitioners can work independently. For example, they may run their own health clinic.

Physician assistants also have advanced training and may hold a master’s degree. However, they always work as part of a

physician’s team and aren’t licensed to practice independently.

## WHO SHOULD I CHOOSE?

“Regardless of what provider you see, all are highly credentialed and can provide a high level of care,” says Dr. O’Connell. “The choice of whether to see a doctor, nurse practitioner or physician assistant is largely a personal one.”

Nurse practitioners and physician assistants consult a physician if they have questions regarding a patient case. However, some patients choose to see a physician if they have a complex medical condition or need a higher level of care from a specialist. In addition, patients requiring surgery must see a physician. Nurse practitioners and physician assistants are often part of a surgical team but do not perform surgery alone.

## WHAT IS THE BENEFIT?

“Under the Affordable Care Act, more people now have insurance coverage and are seeking health care. At the same time, there is a shortage of physicians in our country, especially primary care physicians,” explains Dr. O’Connell. “Nurse practitioners and physician assistants extend the services of physicians and help get patients the medical care they need.”





# HEALTHY EATING:

## How emotional health relates to eating

CHOCOLATE CAN'T CURE EVERYTHING. A BAD DAY AT WORK. AN ARGUMENT WITH A LOVED ONE. STRUGGLING TO PAY THE BILLS. PLAIN AND SIMPLE BOREDOM SURVIVING A LONG MICHIGAN WINTER.

All this and more can be enough to send many of us straight to the fridge or pantry. “You’d be surprised how many times eating is not done out of hunger,” says Kelly Queen, a licensed professional counselor and registered dietitian at Henry Ford Macomb. “In fact, in a survey of more than 17,000 failed dieters, nearly all of them relapsed because of emotional issues. We often use food to cope, soothe ourselves and avoid feelings. We can be committed to losing weight and have the willpower to withstand hunger or cravings, but when you add emotional upheaval into the mix, we often end up turning to food.”

Kelly points out that it’s not always a negative emotional issue, either.

“Some studies have shown it’s actually even more common for people to turn to food when we’re happy than when we are depressed. We use food to reward ourselves for a good day at work, a



promotion, the end of a hard week at work or even a good day with the kids.”

Whatever the trigger for eating, emotions and the urge to eat can become so closely intertwined that you eat without even stopping to think about it.

## MANAGE YOUR WEIGHT FOR A HEALTHY LIFESTYLE

Henry Ford Macomb offers a variety of medically supervised non-surgical and surgical weight management programs tailored to each individual.

### Center for Weight Management

The Center offers three ongoing programs: the “Decision-Free Diet,” designed for those who wish to lose more than 30 pounds; “Healthy Solutions,” for those seeking moderate weight loss; and a less structured program, “Simple Choices.” For more information, go to [HenryFordMacomb.com/loseweight](http://HenryFordMacomb.com/loseweight) or call (800) 756-9890.

*For 25 years, the Center for Weight Management has used HMR Weight Management Services (HMR) as the basis for its medically supervised weight loss program. Now, HMR has been named the No. 2 Best Weight Loss Diet in U.S. News & World Reports’ Best Diets of 2015.*

### Bariatric Surgery Center

Patients have access to an experienced Center of Excellence surgical team at Henry Ford Hospital in Detroit, as well as expert guidance before and after their procedure right at Henry Ford Macomb’s Clinton Township hospital. Attend a seminar on preparation for bariatric surgery and post-surgical care, including diet maintenance and exercise. Turn to page 10 for more information, or visit [HenryFordMacomb.com/dearobesity](http://HenryFordMacomb.com/dearobesity).



# BEAT THE URGE TO BINGE

Although emotions can trigger overeating, you can take steps to control cravings and renew your effort at weight loss. To help stop emotional eating, try these tips:

**TRACK THE TRIGGER.** It's hard to fight what you don't understand, so the first step is understanding why you overeat. Write it down, every time: what you eat, how much, when, where, how you're feeling and how hungry you are. You will probably see a pattern within a week.

**WAIT IT OUT.** If you just ate a few hours ago and your stomach isn't growling, you probably don't need to eat. Give the craving time to pass.

**PURGE THE PANTRY.** Don't keep supplies of comfort foods in your home if they're hard for you to resist. And if you're heading to the grocery store, do it on a full stomach with your emotions in check.

**CHILL OUT.** One study of overweight women found that when they performed daily relaxation exercises — yoga, meditation or even journaling, they lost 10 pounds in less than two years without dieting.

**WALK IT OFF.** Feeling the urge to snack? Take a brisk five-minute walk first. It boosts your serotonin levels and helps to calm you down, a great trick if you're an anxiety snacker. If you can get some sunshine while you're at it, so much the better.

**HAVE A PLAN.** If you snack when you're bored, create an arsenal of boredom-busters, whether it's playing with a pet, calling a friend or, at the very least, having harder-to-eat snacks on hand, like nuts in the shells or crunchy carrots.

**GET SUPPORT.** Tell family and friends about your plan to curb snacking. Consider joining a support group, in-person or even online. Web-based diet programs are available, offering counseling, message boards and chat rooms, and the shared knowledge and support makes a difference.

**START FRESH.** If you have a setback, all is not lost. It happens to the best of us, so forgive yourself, take a look at what went awry and how you can prevent it in the future. Then, take a deep breath and start fresh.



## DINING OUT?

A restaurant meal can mean an additional 200 calories, 3 to 4 grams of saturated fat and an extra 300 to 450 grams of sodium over home cooking. To minimize your exposure:

**Choose a restaurant** that shares its meals' nutritional information. You can check their menus online in advance.

**Order first.** Pick the most nutritious option, and get your order in before your dining companions' choices sway your decision.

**Watch the red flags.** Avoid entrees with descriptions that include the words crispy, fried, au gratin, cheesy, buttery, pan-fried, rich or breaded. Instead, choose meals with terms like baked, braised, broiled, grilled, poached, roasted or steamed.

**Eat slowly.** And stop when you feel full.

**Limit alcohol.** It increases your appetite and adds calories.







# Broken Heart Syndrome and Other Anomalies Affecting Women's Hearts



In this month of cut-out pink and red paper hearts, this month of telling our loved ones what they mean to us, it's worth taking a moment to consider our own hearts.

"Even though awareness for heart disease has grown, coronary heart disease is still the number one killer of men and women alike," says Henry Ford Macomb cardiologist Amit Garg, MD. "We have a lot of opportunity to improve our heart health, especially here in Macomb County."

In a report released in October 2014 by the Michigan Department of Community Health:

- More than 25 percent of Macomb County residents say they are smokers.
- More than 22 percent do no physical activity in their leisure time.
- Nearly one-third of Macomb County residents describe themselves as obese.

The most recent numbers from the State of Michigan tell us that one in three women in Michigan died from cardiovascular disease. To put that in further perspective, during the past five years, more than 60,000 Michigan women have died of heart disease – enough to fill Ford Field for a Detroit Lions football game.

What makes women's heart

disease different than men's? Here are just a few examples:

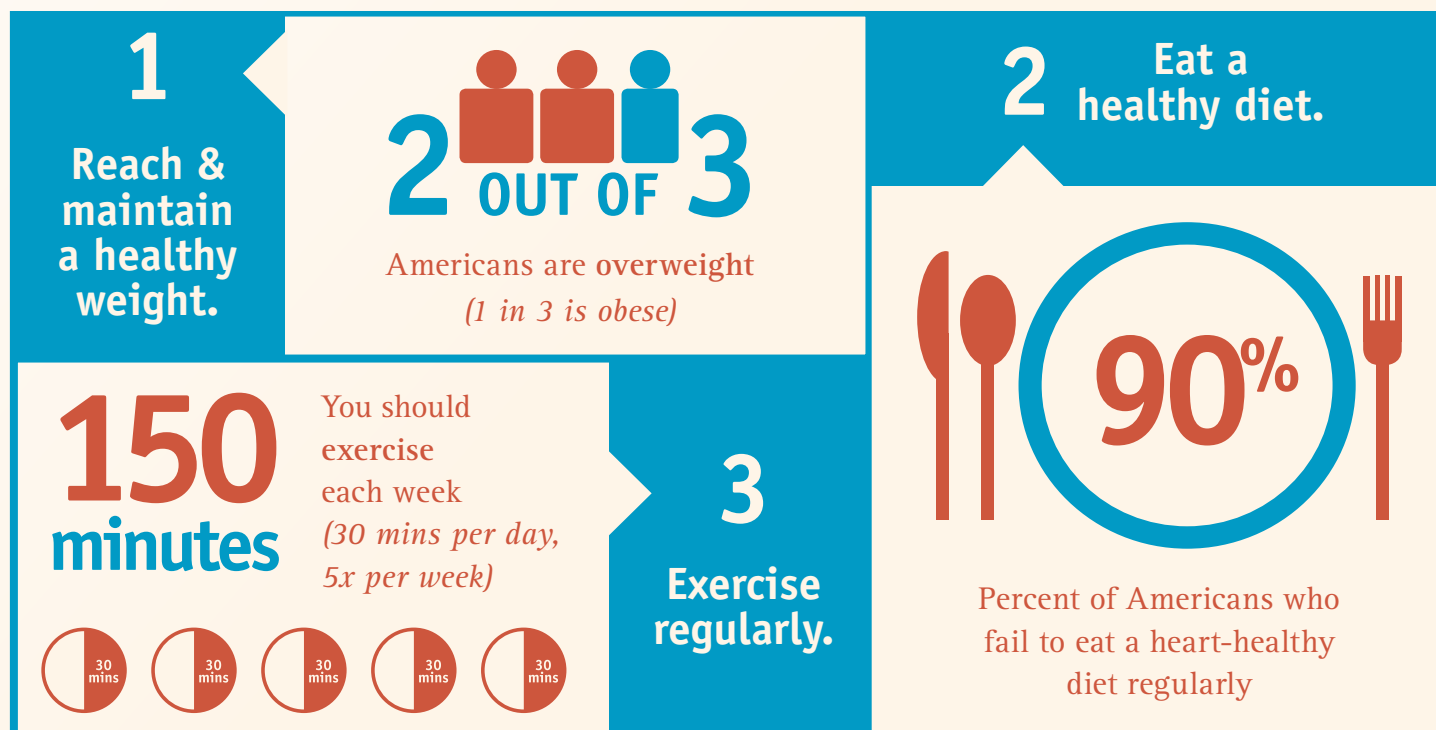
- Women are more likely than men to die from a heart attack. For women under 50, a heart attack is twice as likely to be fatal than a man's heart attack. Forty-two percent of women who have heart attacks die within a year, compared to 24 percent of men. This could be because women's early warning signs often do not include chest pain, but rather mimic symptoms of flu. It could also be that in men, arterial plaque distributes in clumps that are easy to recognize, whereas women's plaque tends to cover artery walls evenly, causing an angiogram to appear normal.
- Women develop heart disease 10 years later than males. This may be because the estrogen women's bodies produce protects them against heart disease in the years before menopause.
- Yes, there is such a thing as broken heart syndrome. And women are much more likely than men to experience it. Also called stress-induced cardiomyopathy, it's thought to be caused by a surge of adrenaline that temporarily damages the heart, usually in reaction to the sudden loss of a loved one, a job loss or other

traumatic event. While broken heart syndrome is rarely fatal, symptoms mimic a heart attack, so those who experience it should call 911.

- Women's heart attack symptoms are different than men's. In women, heart attack symptoms may include aching or pressure in the chest; pain in the arms, neck, jaw, back or upper stomach; shortness of breath; breaking out in a cold sweat; unexplained exhaustion; unexplained dizziness or lightheadedness; or unexplained nausea. If you think you are having a heart attack, don't wait. Call 911.

For your heart, and for those who love you, take time this month to adopt at least one new healthy habit to benefit your heart. Also, listen to your heart for those different types of symptoms and take the time to have regular checkups with your physician.

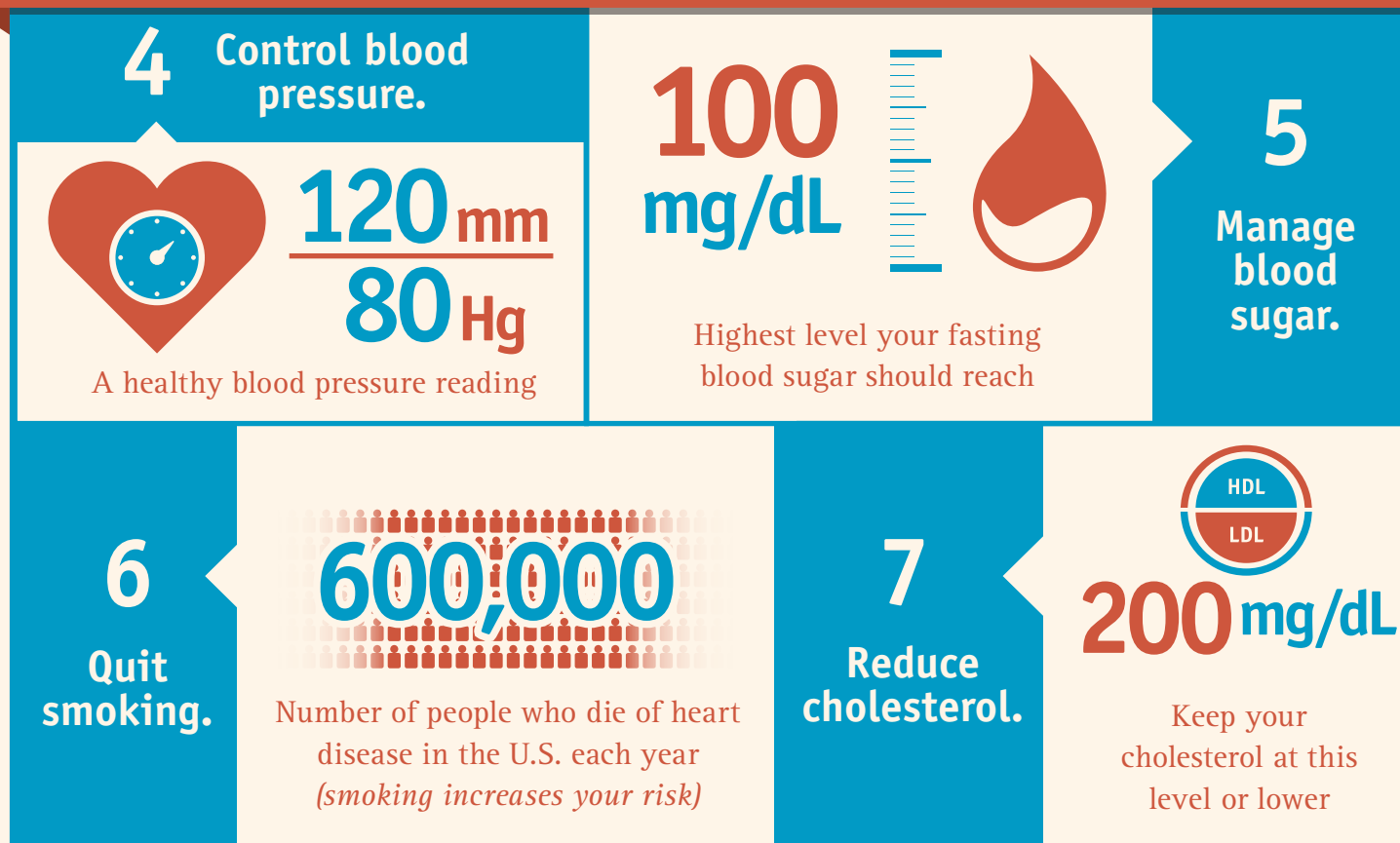
"There is really no reason not to make health-boosting improvements like increasing fruits and vegetables in our diets, getting regular exercise, losing weight if we need to and, for smokers, quitting the habit," agrees Dr. Garg. "The means by which we prevent heart disease makes us feel better and gives us more energy, so heart disease prevention is a clear win-win."



YOUR BY-THE-NUMBERS GUIDE TO PREVENTING AMERICA'S NUMBER-ONE KILLER.

# 7 STEPS TO BETTER HEART HEALTH

Steps that experts recommend you take to help prevent heart disease. Your doctor can tell you what each one means for you.



**!** February is Heart Month and a variety of programs will be offered during that month and throughout the next few months to reduce your cardiovascular risk factors. See pages 10-11 for more details.

- Heart Smart Screenings – Feb. 21 and March 14, \$99, appointment required.
- Blood Pressure Screenings – March 12, April 9 from 11 a.m. to 1 p.m. at the Clinton Township hospital in the Main Lobby. Walk-ins welcome.
- Looking to quit smoking? A variety of programs and options are available through Henry Ford Health System Tobacco Treatment Services. Call (888) 427-7587.
- Relaxation Techniques class – March 24.
- Increase your activity level with two new fitness offerings – Dance Jam and Cardio and Strength Combo.
- Diabetes Self-Management Education Program – This program is covered by most insurances. A physician referral is required. Call (855) 759-7927 for more information.

All classes require registration by calling (800) 532-2411 unless otherwise noted.



## New physical therapy facility has a sports medicine focus

Physical therapy uses exercise to help restore movement, relieve pain and help with recovery after some surgeries.

Henry Ford Macomb Rehabilitation Services recently opened the doors of a new, 7,500-square-foot facility, just west of the Fraser Health Center on 15 Mile Road between Hayes and Utica roads. It offers traditional physical therapy services as well as an increased focus on treating sports injuries.

"We have talented surgeons who are treating more and more sports injuries, and this larger space enables us to elevate the level of physical therapy for those patients," notes Marty Beaulac, director of rehabilitation services.

The new space has a throwing/kicking wall so the therapist can actually have the patient throw a baseball or football or kick a football or soccer ball. They can perform assessments throughout the course of treatment and tweak as necessary. There is even room to run, so patients with leg, knee or foot injuries can be realistically assessed throughout the course of treatment.

For more information about Henry Ford Macomb's physical, occupational and speech therapy services throughout Macomb County, call (800) 532-2411 or go to [HenryFordMacomb.com](http://HenryFordMacomb.com).

### SPORTS MEDICINE BENEFITS

Sports injuries take specialized care to get you back in action quickly and safely and in better form than ever. An orthopedic surgeon with fellowship training in sports medicine will discuss how to prevent injuries, as well as treatment options and rehab recommendations for some of the most common injuries.

April 15, 6 to 7 p.m.

Vinay Pampati, DO

Henry Ford Macomb Rehabilitation and Sports Medicine Center, Clinton Township

# No pain, no gain?



**We've all heard that exercise is good for you. It seems a little ironic, then, that one of the fastest growing areas of medicine is sports medicine, dedicated to the treatment of injuries due to physical activity.**

"You hear people say 'no pain, no gain,' but that thinking can lead to injury," says Henry Ford Macomb orthopedic surgeon Vinay Pampati, DO. "The fear of injury is certainly not a reason not to exercise. The important thing is not to feel as though you have to push yourself to the point of pain in order to get a productive workout."

If you have a sports injury that doesn't improve with time, you may need to see a sports medicine specialist. While sports medicine specialists were commonly seen on professional athletic fields, within the past couple decades, sports medicine specialist visits have become much more common for the average health care consumer.

"We see people who tear their ACL playing sports, from kids to 50-year-olds," says Dr. Pampati, who is fellowship trained in sports medicine. "We often treat rotator cuff tears, which are common for people who

aren't involved in athletics at all. Sports medicine encompasses all of those things."

Sports medicine physicians help patients with injuries like:

- Sprains, fractures and cartilage injuries.
- Knee and shoulder injuries.
- Tendonitis.
- Concussions.

"If you have severe pain, swelling or numbness, or if you can't put weight on the injury, go to an emergency room," advises Dr. Pampati. "Otherwise, try icing and elevating the injury. If it doesn't improve, ask your physician about a referral to a sports medicine specialist."

Sports medicine is often a team approach, bringing together physicians, physical therapists, athletic trainers and nutritionists.

"Treatment for a sports injury can include physical therapy, injections or home exercises," Dr. Pampati adds. "The percentage of people who need surgery is pretty low."



# When medicines DON'T get along

There are times when our medications keep us going. The older we get, the more prescription medications are likely to be a part of our daily regimen. Yet as beneficial as they are, for about one in five older adults, medication we take for one condition may make a different condition worse.

“Taking your medications as prescribed is extremely important, but patients and their physicians also need to be aware of the potential for interactions,” agrees Henry Ford Macomb family medicine specialist Monika Ochani, MD. “One example is for people who are on blood thinners, like Coumadin. If you’re taking Coumadin and are then prescribed an antibiotic, the combination can cause internal bleeding.”

Numerous other interactions between prescription medications have been documented. For example, the medication Norvir, used for treating HIV, can increase the effect of the heart medication Lanoxin, causing irregular heart rhythms.

“Interactions can also happen with over-the-counter medicines and even ordinary foods,” adds Dr. Ochani. “For example, I tell patients taking Coumadin not to eat too many leafy greens, as they increase the effect of that medication.”

When prescribing a new medication for patients, Dr. Ochani takes time to review potential interactions with her patients, as well as advise them on potential side effects.

“When we enter a prescription into our electronic chart, it alerts us to potential interactions,” she says. “If there is an alert, we can determine if the medication should still be prescribed or if we should look for alternatives. But even with those safety checks in place, I tell patients to talk with their pharmacist when they pick up their medications.”

In addition to a primary care physician like Dr. Ochani, patients may have one or more specialists like a cardiologist or neurologist. It is important that all your physicians know what the other is prescribing and why to ensure all medicines are working as intended

and also not causing harm. Your primary care physician can help coordinate your care, whether it is dealing with medicines, testing or other issues.

## FIVE TIPS TO PROTECT AGAINST INTERACTIONS:

- 1 Keep a list of all your medications and supplements, and provide it to each of your physicians.
- 2 Read the labels, instructions and warnings that come with your medicines.
- 3 Keep medications in their original containers.
- 4 Ask your physician about potential interactions, including interactions with supplements, foods and beverages.
- 5 If you purchase an over-the-counter medication or supplement, ask your pharmacist if it is safe to use with your prescriptions.

## MYCHART: ONLINE ACCESS TO BETTER MANAGE YOUR HEALTH INFORMATION

Henry Ford MyChart gives you easy and secure online and mobile 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.
- Review your chronic disease information.

For more information, contact [HfMyChart@hfhs.org](mailto:HfMyChart@hfhs.org) or call (800) HENRYFORD (436-7936).



**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:

April 20, 7 a.m. to 6:45 p.m.

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.

Feb. 25, March 25, April 22  
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.

March 9, April 13, May 11, 6:30 to 8 p.m.

Clinton Township hospital

Feb. 21, 10 to 11:30 a.m.

Feb. 26, 11 a.m. to 12:30 p.m.

Clinton Township hospital

March 23, 6:30 to 8 p.m.

Henry Ford Macomb Health Center –  
Chesterfield

## Blood Pressure Screenings

Many people with high blood pressure do not exhibit any symptoms. Join us for a free blood pressure screening. No registration is required. Walk-ins are welcome.

March 12, April 9 or May 14

11 a.m. to 1 p.m.

Clinton Township hospital – Main Lobby

## Cardio and Strength Combo

Vary your workout to stay motivated, challenged and prevent muscle memory. Class includes cardiovascular fitness, resistance training and mat work. Great for both men and women at all fitness levels. Bring exercise mat and handheld weights to class.

Thursdays, starting Feb. 26, 5:15 to 6 p.m.

MORC Rehab Services; Fee: \$60 for 10 weeks

## 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.

Feb. 24 – Nutrition

March 24 – Home Safety

April 28 – Behavioral Challenges

1 to 2:30 p.m., Clinton Township hospital

## Dance Jam

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

Mondays, starting Feb. 23, 5:15 to 6:15 p.m.  
MORC Rehab Services; Fee: \$60 for 10 weeks

## 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 prior to the screening is required.  
Feb. 21 or March 14; Fee: \$99

## 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.  
Feb. 25, 5:30 to 6:30 p.m., Mark Ryan, DO  
Henry Ford Macomb Rehabilitation and Sports Medicine Center, Clinton Township  
March 19, 7 to 8 p.m., Benedict Pellerito, MD  
Clinton Township hospital

## Senior Safety Class

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. Light refreshments will be served.

March 4, 3 to 4 p.m.

April 8, 10 to 11 a.m.

Clinton Township hospital



## Sports Medicine Benefits

Sports injuries take specialized care to get you back in action quickly and safely and in better form than ever. An orthopedic surgeon with fellowship training in sports medicine will discuss injury prevention, as well as treatment options and rehab recommendations for some of the most common injuries. April 15, 6 to 7 p.m.

Vinay Pampati, DO

Henry Ford Macomb Rehabilitation and Sports Medicine Center, Clinton Township

## 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 options include: 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 the Shelby Township and Chesterfield health centers. Call (800) 756-9890 to schedule an appointment.

## 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 complement your appearance. Registration is extremely important – call (586) 263-2237. Second Wednesday of the month, 2:30 to 4 p.m.

## EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County’s most experienced newborn care team, board-certified obstetricians, certified nurse midwives and all the support they’ll need when they’re expecting a child. Couples can also enjoy our renovated family-centered labor, delivery, recovery and postpartum birthing suites. To learn more, call (800) 532-2411.

### Breastfeeding

This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby.

March 9, April 13 or May 11, 7 to 9 p.m.  
Clinton Township hospital

Cost: \$20

### Childbirth Workshop

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

Feb. 21, March 7, April 18, May 2  
8:30 a.m. to 4 p.m.

Clinton Township hospital; Fee: \$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.

### Evening Candlelight Yoga

All yoga classes offered in the winter session will be by candlelight. Spend an evening using your yoga practice to open your body and mind. Details below.

### 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 Feb. 24, 6 to 7 p.m. MORC Rehab Services; Fee: \$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. Feb. 24, March 31, April 21  
6 to 7:30 p.m., Clinton Township hospital

### Reiki Practitioner Training

Level 1 – Feb. 28, 9 a.m. to 6 p.m.  
Level 2 – April 25, 9 a.m. to 6 p.m.  
Please call for pricing information.  
Clinton Township hospital

### Relaxation Techniques

An introduction to a variety of relaxation techniques, including meditation, breathing and Reiki. Preparing yourself to get a restful night’s sleep will also be discussed. March 24, 6 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 Feb. 24, 4:45 to 5:45 p.m. Thursdays, beginning Feb. 26, 6 to 7 p.m. MORC Rehab Services; Fee: \$60 for 10 weeks



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



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