

LIVEWELL

SPRING 2014

ALSO INSIDE:

- >> BETTER HEALTH AT HOME
- >> WALK AWAY FROM BACK PAIN
- >> LEAVING THE HOSPITAL?
BE PREPARED



short takes

WHAT'S HOT THIS SPRING

THE DOWNSIDE OF SOCIAL NETWORKING

"Like" it or not, Facebook is a part of everyday life for billions of people around the world. But despite all the cute cat pictures and uplifting videos going around, one study shows that Facebook may be making people feel worse about themselves.

What's On Your Mind?

Facebook profiles show only one side of someone's life—usually the best side. Comparing your life to the carefully crafted façade of your friends' Facebook pages can leave you feeling inadequate, the report suggests. Also, spending hours catching up online leaves you little time to exercise regularly, which is known to boost your mood and give you a sunnier outlook on life.

Update Your Mental Health Profile

- **Set a limit:** Keep your Internet use at home to a set time.
- **Check yourself out:** Another study found that people who looked at their own Facebook profiles boosted self-esteem. Take time to look back on your happy memories.
- **Keep track of use:** You might be surprised how much time you actually spend online instead of working out or engaging in other hobbies.

WANT TO HELP A SMOKER?

You know all the risks associated with smoking, but if you have been unable to influence a family member or friend, Henry Ford is here to help. Smokers who are considering kicking the habit can learn about options available by calling **(888) 427-7587**. For those at the most risk for lung cancer, Henry Ford Macomb is offering a low-cost lung cancer screening program. Candidates for the screening are either:

- 55- to 74-year olds who are currently smoking and have smoked a pack a day for 30 years or more; or
- former smokers who quit less than 15 years ago, after a significant smoking history.

To schedule a \$99 lung cancer screening, which includes a painless, quick, low-dose CT scan, call **(586) 203-1600**.



KEEP YOUR KIDS' LUNCHES INTERESTING

- **Tweak kids' favorites.** Instead of using white bread, try English muffins, tortillas or bagels made from whole grains as the base of a sandwich. Get creative with the fillings, too. Swap out sugary jelly in a PB&J sandwich and replace it with apple slices, banana slices or raisins.
- **Skip the salty snacks.** A handful of a fruity trail mix (made of dried fruits like cranberries, apple slices, dates and raisins) is a great substitute for potato chips, pretzels and other salty snacks.
- **Think small.** Cheese, rotisserie chicken, melons and veggies are easier to eat if you slice them into cubes or chunks. Your child won't need to worry about cutting things up at the lunch table and will have plenty of time to enjoy these healthy foods.
- **Try tasty dips.** Instead of salad dressings and ketchup, spice up a sack lunch with salsa (mango, pineapple and tomato are kid favorites). Hummus is another tasty partner to apple slices, whole-grain crackers, cubed foods and other healthy treats.
- **Be imaginative.** Want to make lunch feel interesting, fun and full of love? Try using art supplies, cookie cutters (to make square sandwiches into fun shapes), cloth napkins, flowers, a note from you and stickers.





Modified Downward Dog

The Start to **BETTER** **HEALTH** is at **HOME**



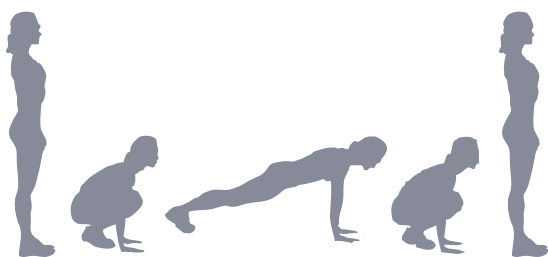
Supine Pigeon



Push-Up



Infinity Walk



Squat Thrust

Getting fit doesn't require signing up for the local yoga or spinning classes. Instead, the key to getting adequate exercise can be found right in your living room. Try out these simple, targeted exercises to stay in shape.

REDUCE YOUR STRESS—USING YOUR COUCH. Gentle, restorative poses lengthen your muscles and relieve tension. For the modified downward dog, place your hands on the edge of the sofa and stand with feet shoulder-width apart. Walk your feet backward, pushing your hips back while lowering your upper body until your torso stretches parallel to the floor.

Then try the supine pigeon: Lie on the floor with your head on a pillow. Cross your left leg over your right with your ankle at your knee and place your right foot on the couch. Hold each pose for one to three minutes, or as long as you feel comfortable.

THE PUSH-UP IS A CLASSIC, BUT EFFECTIVE. Modifications make this classic strengthening move fit for any exerciser. For the traditional version, place your hands shoulder-width apart in a plank position. Then bend your elbows and lower until your chest or chin touches the floor before pushing back up.

To make it easier, stand up and push against a wall or counter. Or bump up the difficulty by bending one knee and crossing it to the opposite shoulder as you lower. Start by seeing how many you can do in 30 seconds, then work up to a minute.



KEEP YOUR BALANCE WITH THE INFINITY WALK.

Moves that boost balance gain importance during your golden years. Do a short warm-up of walking in place. Then stride briskly in a six-foot circle to your right, then to your left so that eventually you forge a path that resembles a figure eight.

Once you've got the hang of it, try variations like: increasing your speed; walking heel-to-toe with no space between your feet or walking backward.

WHEN PRESSED FOR TIME, TRY THE SQUAT THRUST.

This tough total-body exercise works your arms, legs and core while getting your heart pumping hard. Start standing up. Squat down and place both hands on the floor. Jump your legs back into a plank position, then back up to your hands before standing up again.

Boost the intensity with a single jump between repetitions or a push-up from plank pose.

CAN YOU WALK AWAY FROM BACK PAIN?

As anyone who suffers from back pain will tell you, the effects go far beyond just the back. Fear of making the pain worse causes you to withdraw from activities you used to enjoy.

Emotional effects like stress, anxiety and depression not only worsen the physical pain, they can actually decrease the body's ability to produce natural painkillers, creating a pain cycle.

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

"People are getting too many operations, too many injections and using too many narcotics," he says. "In addition, people with back pain tend to become stiff and weak because they immobilize

themselves out of fear that they are going to harm themselves. Their life starts to revolve around their pain. For back pain in and of itself, where there is not a neurologic injury, the best treatment is increased activity."

THE CURE? START WALKING.

"You can never hurt yourself by walking," Dr. Seidel emphasizes. "The whole goal of recovery is increasing physical mobility—building your strength, flexibility and endurance."

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

"If you've been sedentary, it can take a good three months to build strength and endurance," Dr. Seidel says. "But just tense up your abdominal muscles and go for a five-minute walk in the morning and a five-minute walk at night. The next week, add a minute. If you slowly build a minute a day, pass one more house on the route you walk, before you know it, you've gone the distance and not overtaxed your heart and lungs. If you can walk three miles in an hour and do that four or five days a week, it improves your breathing, pulmonary function, cardiac function, bone mineral density, bowel function, and studies have shown, increases longevity. You'll sleep better, your brain will work better. Walking works. It's simple and universal. And it's springtime—ideal for getting started. We are tougher than we let ourselves believe."

9 TIPS FOR PREVENTING BACK PAIN

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



9. Smoking impairs healing and can contribute to degenerative disk disease, a leading cause of back pain—so if you smoke, quit.

WHAT TO DO WHEN PAIN HAPPENS

Apply a heat wrap around your lower torso.

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

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

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



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



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

April 28

6 to 7 p.m.

Clinton Township hospital

WHEN SURGERY BECOMES NECESSARY

Andy Wiegand, 59, of Macomb Township is no longer in pain after his spine surgery at Henry Ford Macomb Hospital. A former firefighter, Andy finally

decided on surgery to relieve the pain from a shifting disc in his back after physical therapy and injections no longer helped.

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

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

Andy is doing well after his surgery.

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

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

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

It begins with a comprehensive pre-surgical orientation class and a surgical team led by Dr. Kapsokavathis, who is fellowship-trained in spine surgery. It continues in the hospital on a special unit for spine surgery patients, bringing together specially

trained nurses, patient and family education, physical and occupational therapy and an emphasis on pain management and movement. Finally, outpatient rehabilitation services are available in locations throughout Macomb County.

EAT TO BEAT DIABETES

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

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

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

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

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

CAN A HEART-HEALTHY DIET HELP?

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

protect your kidneys from the dangers of diabetes. Follow these three tips:

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

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

CAN YOU PREVENT DIABETES?

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

Especially since, before people develop Type 2 diabetes, they almost always have “pre-diabetes”—blood glucose levels higher than normal but not high enough to be diabetes.

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

- Losing 7 percent of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week.

Blood Glucose

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



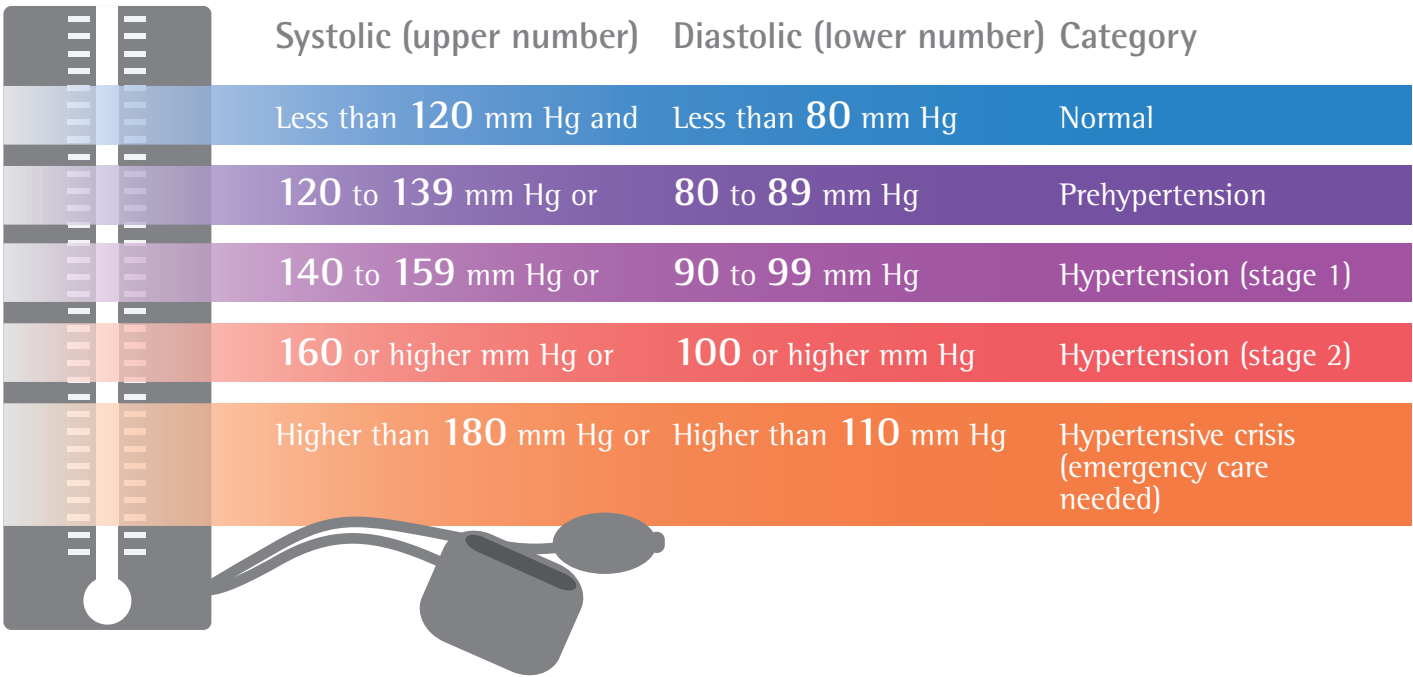
IF YOU HAVE DIABETES ...

All is not lost. “Diabetes is a two-way street between you and your physician,” emphasizes Dr. Carion. “Working hand-in-hand with your physician, you can look forward to a healthy life. The parameters we follow are having hemoglobin A1C under 7 percent, blood pressure 130 over 80 or lower and bad cholesterol less than 100 mg (without heart disease).

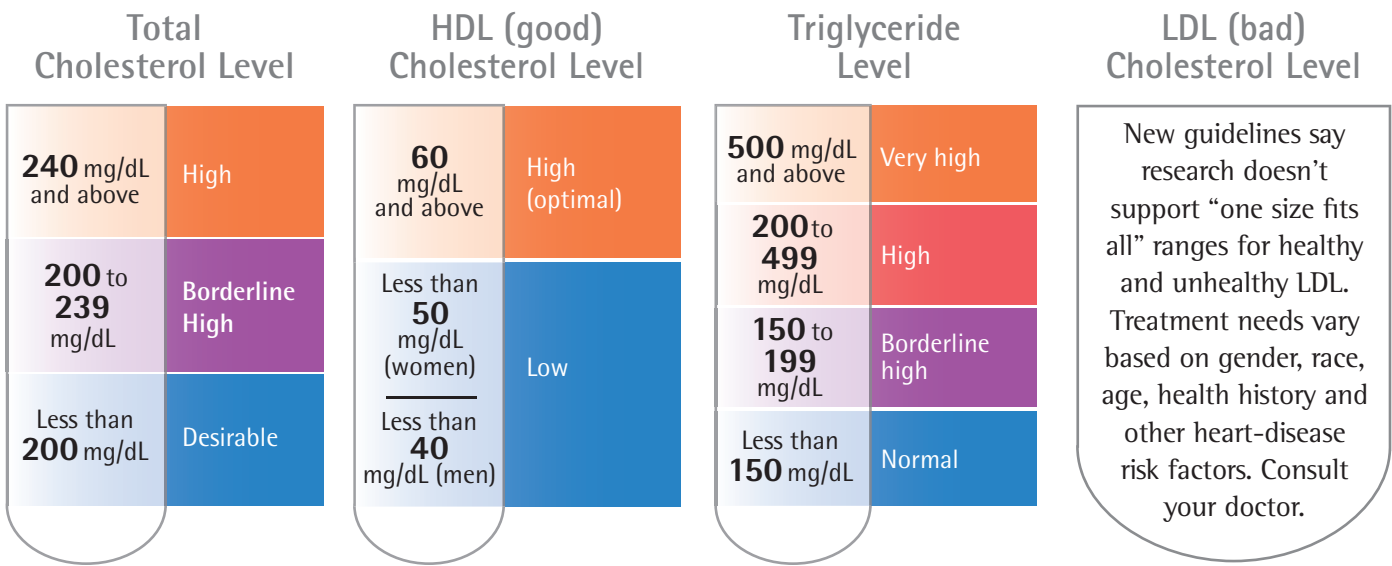
If we can achieve that through teamwork, I am optimistic we can look forward to a good, healthy existence together. It isn’t that hard. It’s a matter of getting to those numbers. When you do, you can decrease your risk of microvascular disease by 75 percent. Henry Ford Macomb also has wonderful classes, teaming with dietitians and nurse educators. It’s excellent, the things that are available to us.”

Track These Crucial Numbers

Blood Pressure



Cholesterol and Triglycerides



GET HELP
MANAGING YOUR
DIABETES

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

YOU DON'T HAVE TO GO WITH THE FLOW

Henry Ford Macomb's group of obstetricians and gynecologists includes specialists in minimally invasive surgery for a variety of conditions. For a referral, call (800) 532-2411.

It may feel as though, just when your life is the busiest ... that's when it happens. The heaviest period you can remember, causing cramps, threatening an embarrassing leak and stopping you in your tracks.

Normal periods last about five days, producing only three tablespoons of blood. But about 10 million American women have much heavier periods, causing them to miss countless social and athletic events, work 3.6 fewer weeks per year and lose an average of \$1,692 in wages.

"Heavy menstrual bleeding is not an uncommon problem, especially as we reach our 40s," says Henry Ford Macomb OB/GYN Lindsay Beros, MD. "It's rarely life-threatening, but it impacts our quality of life." It may be caused by tumors, infection, stress, medications or thyroid or liver problems. However, for many women, it's simply their "normal" menstrual cycle.

IF YOU HAVE HEAVY PERIODS, YOU HAVE OPTIONS

Your physician can recommend medications that cause a lighter period.

If medication doesn't help, you and your doctor might consider endometrial ablation, which removes a thin layer of the uterine lining. If you plan to have children in the future, you should not have this

procedure as it makes becoming pregnant difficult and increases risk of miscarriage.

For those women with severe bleeding, a hysterectomy—removal of the uterus altogether—can stop abnormal bleeding completely.

"If you have heavy bleeding and don't want medical treatment, consider taking iron supplements," Dr. Beros suggests. "Contact your doctor immediately if your bleeding ever causes you to feel faint, if you have to change feminine protection more than every hour or if you have severe abdominal pain or a fever of 100°F or higher."

IS YOUR BLEEDING CAUSED BY FIBROIDS?

An estimated 15 to 20 percent of women have uterine fibroids—noncancerous tumors growing from cells and tissues of the uterine wall.

"They can be the size of a marble or the size of a cantaloupe," Dr. Beros says. "For some, they cause no problems; for others, they can cause bleeding or a host of other difficulties, including pelvic and back pain, frequent urination or difficulty with bowel movements. They grow until a woman hits menopause—but once you go through menopause, they shrink. So treatment is only needed before menopause if the fibroids are causing heavy bleeding, pain or pressure. Fibroids are often hereditary, so if your mother or grandmother had them, you may as well."



Leaving the Hospital: How to PREPARE for the NEXT STEP



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

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

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

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

1. *Understand discharge instructions:* Make sure you review the written instructions that you'll receive before leaving, particularly changes in medications and dosages. Ask a friend or family member to help you remember this information, especially if they will be helping to take care of you.

"As soon as you are settled at home or in the next care facility and have access to all your medications, make sure they correspond with your discharge instructions," Kim says. "If you have any questions

or notice any discrepancies, call the hospital or your primary care physician immediately to get these issues resolved."

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

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

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

CHECKLIST FOR RETURNING HOME

Keep these important items in mind before leaving the hospital:

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



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

Bariatric Support Group

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

April 23, May 28 or June 25
6:30 to 8 p.m.
Clinton Township hospital

Bariatric Surgery Center Overview

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

April 14, May 12 or June 9
6:30 to 8 p.m.
Clinton Township hospital

April 24 or June 26
11 a.m. to 12:30 p.m.
Clinton Township hospital

April 7 or June 2
6:30 to 8 p.m.
Henry Ford Macomb Rehabilitation Center,
Warren

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.

Caregiver Café

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

April 22 – Caregiving 101
May 20 – Pharmacy/medication safety
June 24 – Spiritual support
1 to 2 p.m.
Clinton Township hospital

Heart Smart Screening Program

Our screening includes something no other area hospital offers—a one-on-one review of your results with a board-certified cardiologist. The \$99 Heart Smart Screening includes a 12-lead EKG to measure electrical activity of the heart, blood pressure, body mass, blood glucose and lipid profile checks, and carotid and peripheral arterial disease tests. A 12-hour fast prior to the screening is required.

Saturday screening dates are available beginning in June.
Cost: \$99
Pre-registration is required.
Call (800) 532-2411.

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.

Understanding Arthritis

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

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

WEIGHT MANAGEMENT

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

CANCER CARE

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

Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker will give patients an opportunity to express their feelings and concerns and hear how others are coping with cancer. Registration is not required.

Mondays, 1:30 to 3 p.m., ongoing

Family/Caregiver Support Group

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

Fridays, 10:30 a.m. to noon, ongoing

Look Good... Feel Better

This class, sponsored by the American Cancer Society, is especially for women undergoing cancer treatment. A cosmetologist will be on hand to demonstrate how to choose the make-up, wigs, scarves and hats that will best compliment your appearance. Registration is extremely important - call **(586) 263-2237**.
Second Wednesday of the month,
2:30 to 4 p.m.

EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County’s most experienced newborn care team. They also will find board-certified obstetricians, certified nurse midwives, and all the support they’ll need when they’re expecting a child.

Couples can also enjoy our newly renovated family-centered labor, delivery, recovery and postpartum birthing suites. 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.

April 14, May 19 or June 9
7 to 9 p.m.
Clinton Township hospital
Cost: \$20

Prepared Childbirth Workshop

A one-day workshop covering 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.

April 26, May 31 or June 21
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**.

Personal Intro to Reiki

Reiki is an ancient, hands-on healing technique that promotes healing by integrating and balancing the physical, mental, emotional and spiritual aspects of your being.

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

Reiki Practitioner Training

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

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

Clinton Township hospital



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

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

Live Well is published by Henry Ford Health System. The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a personal doctor. © 2014 Printed in the U.S.A.

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call 800-532-2411. If possible, please notify us three days in advance of the seminar.

Printed on Recyclable Paper

10601MA

CONNECT WITH US ONLINE HENRYFORDMACOMB.COM



URGENT CARE you can count on



BRUCE TOWNSHIP
CHESTERFIELD | FRASER
SHELBY TOWNSHIP

From flu symptoms to bumps and bruises, the Henry Ford Macomb Urgent Care Centers are here for you and your family.



HENRY FORD
MACOMB HOSPITALS

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 are ready to serve 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