



HENRY FORD
WEST BLOOMFIELD HOSPITAL

LIVE WELL

FALL 2012

surgery 2.0:
AT THE FOREFRONT
OF ROBOTIC SURGERY
FOR UROLOGICAL CARE

SAY GOODBYE *to spider*
and varicose veins

staying in front
of BACK PAIN

HENRYFORDWESTBLOOMFIELD.COM



GROWING HEALTH AND WELLNESS

The Henry Ford West Bloomfield Hospital Greenhouse Officially Opens

In September, the Greenhouse and Education Center — the newest state-of-the-art addition to the Henry Ford West Bloomfield Hospital campus — hosted a spectacular grand opening to welcome the community.

The kickoff event featured Food Network's Ellie Krieger, former basketball standout and kidney transplant survivor Alonzo Mourning and renowned flutist Alexander Zonjic. There was something for everyone at the festivities, including healthy cooking demonstrations, fitness events and culinary art displays.

Visitors got up close and personal with the greenhouse's environmentally friendly organic hydroponic growing system. This is the only hospital-owned, water-based technology of its kind in Michigan and one of only a handful in the country.

Attendees at the opening also learned about the greenhouse's outreach activities, including obesity prevention programs for children that emphasize healthy eating habits, gardening therapy for patients and a weekly farmers' market featuring seasonal produce.

SPREADING ROOTS

The germination for the greenhouse began at the suggestion of Henry Ford West Bloomfield President and CEO Gerard van Grinsven.

"The greenhouse is part of a systemwide effort to encourage everyone to become healthier," says van Grinsven. "Henry Ford West Bloomfield is not just a hospital; it is a community center for wellbeing."

"Innovative projects like the greenhouse encourage children and adults to adopt preventive lifestyles that will help keep them healthy," adds Michelle Lutz, greenhouse resident farmer.

ON A MISSION

Lutz previously ran her own certified organic vegetable farm, where she supplied Henry Ford West Bloomfield chefs with fresh produce. Now, as the Henry Ford West Bloomfield resident farmer, she oversees the planting and continual harvest of the greenhouse crops that make their way to patient meals and dishes at Henry's on Main Street. Lutz also trains volunteers, conducts workshops and provides tours of the new facility for individuals and community groups.

"I call farm-grown produce the original fast food," says Lutz. "People are impressed when they see seven different types of zucchini or heirloom kale in the greenhouse, but the strongest impact is when they taste a fresh vegetable or herb, because it is so much more flavorful than a product that has traveled hundreds or thousands of miles to reach someone's table."

Supplying the tools and information to community residents about growing their own produce is integral to the greenhouse mission.

"Through special events like the greenhouse grand opening, we don't just say 'eat healthy,' we show people how to incorporate fresh, nutritious food into their meals," says van Grinsven. "We want to make this a signature annual event that will help us spread the message about healthy lifestyles."

To learn more about greenhouse tours and cooking demonstrations, email wbhgreenhouse@hfhs.org or call 248-325-3890.



The Best Care for Women

October is Breast Cancer Awareness Month, and with that comes an increased focus on women's health. At Henry Ford West Bloomfield Hospital, we know it's important to continue that conversation all year round. We are continuously working to keep at the forefront of the medicine, procedures and screenings that help women stay well. We listen to the women in our community and tailor our services to meet their needs. Whether it's making mammogram appointments more convenient or providing programs that help women stay fit, we strive to be your partner in wellness.

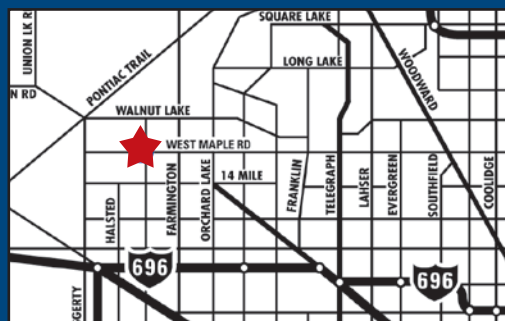
In this issue of *Live Well*, we highlight some of our efforts to provide the best possible care for women in our community. Our gynecologic surgery department uses advanced techniques in robotic surgery to give women more options. Our breast imaging department established same-day results for mammograms that make this vital screening even more convenient for women on the go. And Vita Wellness Center works with women recovering from an illness or surgery to promote healing. For example, we offer yoga classes specifically designed for women being treated for cancer.

At Henry Ford West Bloomfield, we are committed to women's health every month of the year. Let us help you be your healthiest self.

Yours in good health,

Gerard van Grinsven

Gerard van Grinsven
President and CEO
Henry Ford West Bloomfield Hospital



WE ARE HERE

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Learn more about us at HenryFordWestBloomfield.com.



LEADING THE WAY in Treatments *for* Urological Conditions

Mani Menon, M.D., director of the Vattikuti Urology Institute at Henry Ford West Bloomfield Hospital, and his team have performed more than 7,000 robotic prostate surgeries over the past 12 years.

Men from all 50 states and from as far away as Antarctica have traveled to Henry Ford Health System for prostate surgery. Mani Menon, M.D., director of the Vattikuti Urology Institute at Henry Ford West Bloomfield Hospital, and his team have performed more than 7,000 robotic prostate surgeries over the past 12 years. “The Vattikuti Urology Institute is a leader in innovative urological surgery and the first of its kind in the U.S.,” says Dr. Menon.

In fact, Dr. Menon pioneered robotic surgery for prostate cancer treatment more than a decade ago, and today it’s the standard of care for prostate cancer patients around the world. Experts at the Vattikuti Urology Institute also treat patients with kidney disease, bladder cancer and other urological problems.

“With every new procedure we develop and discovery we make, the purpose is to improve our patients’ outcomes and quality of life,” Dr. Menon says. Here are three recent developments you’ll find at the Vattikuti Urology Institute.

ADVANCEMENTS IN KIDNEY SURGERY

Surgeons at the Vattikuti Urology Institute have more experience with robotic kidney surgery than any other program in the world. In fact, about 80 percent of patients who have a kidney tumor removed at another hospital will have their entire kidney removed, but 90 percent of

patients who undergo kidney surgery at Henry Ford West Bloomfield will have it done robotically and will be able to keep the bulk of their kidney,” Dr. Menon says.

Dr. Menon and urological surgeon Craig Rogers, M.D., have also developed an innovative cooling technique for kidney operations. Traditional methods include clamping the blood vessels that feed the kidney to prevent bleeding during surgery. “But the clock is ticking from the moment we clamp the blood vessels because we only have a limited amount of time before the kidney will die without blood flow,” Dr. Menon says. “By cooling the kidney, we can take our time during the operation and perform a much more precise procedure,” Dr. Menon says.

MORE OPTIONS FOR WOMEN

Previously, women who had multiple surgeries to treat urological problems like urinary incontinence but still had issues, were told there was nothing else surgeons could do. Often there was too much scar tissue in the way to try another surgery. Excess scar tissue can make both traditional open surgery and minimally invasive surgery difficult because it’s more challenging to see and reach the target area. This may increase the risk for complications, such as bleeding.

But thanks to a robotic surgical procedure, women now have more options. “The camera that’s part of

the robotic surgical system allows us to see in high-definition and 3-D,” he says. “With better vision and depth perception than with traditional open procedures, we’re able to perform surgeries we couldn’t do before, while minimizing collateral tissue damage — even if there is significant scar tissue.”

OFFERING SOLUTIONS WITH INTEGRATIVE TREATMENTS

As many as 80 to 90 percent of people with urological problems don’t need major surgery, but may still experience a decrease in quality of life due to issues such as pain, urinary incontinence and hormone problems, Dr. Menon says. So this fall, the Vattikuti Urology Institute launched the LiveWell program to offer these patients integrative treatments such as acupuncture, yoga and massage that have been shown to help improve urological symptoms. What’s more, world-famous practitioners in integrative treatments from Harvard and Columbia University are working with the Vattikuti Urology Institute to help develop and launch the LiveWell program.

“These issues can have a big impact on patients’ quality of life,” Dr. Menon says. “With the LiveWell program, we are able to help them feel better even when surgery isn’t an option.”

To make an appointment today, call 1-888-881-1117.

NOT YOUR MOTHER'S SURGERY

Offering Women Options in Gynecologic Care

It wasn't all that long ago that women with problems in their reproductive organs had only one option: hysterectomy, the surgical removal of the uterus and often the fallopian tubes and ovaries. Unfortunately, this resulted in early menopause for younger women and loss of fertility.

Today, women have choices, and Henry Ford West Bloomfield Hospital is at the forefront of providing these medical and surgical advances.

"The options that our mothers had a generation ago are primitive compared to what we can do with modern medicine and technology," says Brent Davidson, M.D., service chief of

Women's Health at Henry Ford West Bloomfield. "All of our approaches today are based on scientifically driven data to make sure we're giving patients the best options possible."

AHEAD OF THE CURVE

While many hospitals across the U.S. are now launching robotic surgery programs to perform minimally invasive, highly precise procedures — Henry Ford Health System has been offering robotic surgery to patients for a decade.

"We're one of the leading, nationally recognized robotic centers in the country," Dr. Davidson says. Surgeons at Henry Ford West Bloomfield use robotic surgery for a variety of gynecologic procedures, both benign and cancerous. Examples include uterine fibroids, hysterectomy and

pelvic support problems.

In fact, surgeons at Henry Ford West Bloomfield are so skilled in their minimally invasive techniques that physicians in the community and across the U.S. come to the hospital to learn new, advanced techniques.

"One of the procedures they come to learn is single-incision laparoscopy. We make one incision in the belly button through which we can remove the uterus — if performing a hysterectomy — or remove scar tissue in the uterus and abdomen caused by endometriosis," Dr. Davidson says. Surgeons also can use this technique to remove the ovaries in women at high risk for breast and ovarian cancer. "So not only are we able to offer these procedures to patients in our own community, we also train other high-level physicians so they can bring them to women throughout the U.S.," he says.

SPECIALIZED, COORDINATED SERVICES

When women come to Henry Ford West Bloomfield for gynecologic surgery, they work with a surgeon who has expertise both inside and outside the operating room.

"Our surgeons have specialized training and knowledge in surgery as well as extensive experience with the care that goes with it," Dr. Davidson says.

For instance, oncologists perform surgery for women with gynecologic cancer and also coordinate chemotherapy and radiation for patients who need it. Urogynecologists who specialize in incontinence or pelvic floor dysfunction also work with physical therapists to give patients the best outcome after surgery, Dr. Davidson says.

"And if a young woman with cancer has to undergo surgery that will affect reproductive ability, the surgeon can refer her to a fertility specialist who can offer options that may enable her to have a baby down the road."

This team-based approach enables the Women's Health department to provide the highest quality care. "We're always looking to offer patients the safest, most effective treatments that will address their medical issue today and give them the best quality of life tomorrow," Dr. Davidson says.

To make an appointment, please call 248-661-6425. Explore a wealth of women's health and wellness resources at HenryFordWestBloomfield.com/women.



Helping Women Build Healthy Lives at Vita

You probably already know that exercise is important for staying fit and healthy, but it can also be an important part of healing.

"A regular fitness routine can improve your quality of life, especially when you're recovering from an illness, injury or surgery," says Shawnita VanHook-Williams, exercise physiologist at Henry Ford West Bloomfield Hospital. "It can help reduce stress and improve relaxation, sleep, circulation, strength and the mind-body connection."

That's why Vita offers a wide variety of fitness classes and programs — including programs designed with women in mind — so gym-goers can find what makes them feel best. "We offer yoga classes for women," VanHook-Williams says. "We also partner with the Josephine Ford Cancer Institute to offer yoga classes for women being treated for cancer."

The classes are small — about 10 to 12 students — and they meet weekly for up to 12 weeks. "The instructor tailors the classes to meet each individual's needs, and patients feel comfortable in the supportive, intimate setting," VanHook-Williams adds.

Vita, which is open to Henry Ford West Bloomfield patients, visitors and members of the community, offers many other programs beyond yoga. These include:

- Circuit-training classes
- One-on-one and small group personal training sessions
- Pilates

Henry Ford West Bloomfield physicians often collaborate with instructors at Vita as well. "Physicians can refer patients, such as those who've had joint replacement surgery or bariatric surgery, to Vita and work with instructors to design a program based on patients' needs," VanHook-Williams says. "The collaboration ensures patients have the safest, smoothest recovery possible."

Call 248-325-3870 for details, or visit HenryFordWestBloomfield.com/vita to meet the team, register for classes, view promotions and pricing and more.



SAME-DAY BREAST IMAGING RESULTS WHILE *you* WAIT

As any woman who has undergone a breast cancer screening can attest, waiting for the results can be a nerve-wracking experience. That's why the Breast Imaging department at Henry Ford West Bloomfield Hospital now offers peace of mind for patients. You can get a mammogram and your results in the same day.

QUICK AND CONVENIENT

"We offer five screening mammogram appointments each day that are reserved for patients who want same-day results," says Sandra Mitchell, R.T. (R)(M), a radiology technologist specializing in mammography. For these women, a radiologist will look at the mammogram as soon as it is ready to be interpreted. This kind of direct response can help relieve the anxiety and stress often associated with testing.

If a physician identifies a questionable area, the woman may be able to undergo additional testing such as ultrasound or additional mammography that same day. Mammography results will be discussed with the patient, and if biopsy or breast MRI is needed, that can be arranged.

"Many women with busy schedules also prefer same-day results because it may mean taking less time away from work and other commitments," says Denise Collins, M.D., service chief of radiology at Henry Ford West Bloomfield.

"Same-day results for screening mammography are also offered at other Henry Ford mammography centers, as are telephone results. Most screening mammograms are read within 24 hours of being performed," adds Patricia Miller, M.D., director of Breast Imaging.

CREATING A COMFORTING EXPERIENCE FOR PATIENTS

Henry Ford Breast Imaging experts are committed to putting patients first. Not only do they use the most advanced imaging technology available today, such as digital mammography, but they've also created an environment in which patients feel comfortable.

"The Breast Imaging department has a spa-like atmosphere. Patients wear soft robes instead of paper gowns, and we provide snacks, water and juice," Mitchell says.

And whether or not patients choose same-day access — which is available during the week — the department offers appointments seven days a week, from 7:30 a.m. to 6:30 p.m. on weekdays and 8 a.m. to 3:30 p.m. on weekends, for their convenience.

To schedule an appointment for same-day breast imaging, call 248-325-3400.

DON'T SUFFER ANY LONGER WITH VARICOSE *or* SPIDER VEINS

Do you avoid wearing shorts because of varicose or spider veins? You're not alone. About half of U.S. men and women have some type of vein problem.

Varicose veins are large, bulging blood vessels. Spider veins are similar to varicose veins, but smaller, linear streaks often closer to the surface of the legs. Both conditions occur when weakened valves in the leg veins allow blood to flow backward, rather than toward the heart as it should — though sometimes spider veins can occur without valve dysfunction. The larger the veins are, the more likely they are to cause symptoms such as itching, scaly skin, pain, cramping and chronic swelling.

Risk factors include aging and hormonal changes, such as pregnancy and use of birth control pills. People who stand for long periods of time are also at risk, says Syed T. Ahsan, M.D., vascular medicine specialist for the Edith and Benson Ford Heart & Vascular Institute. Dr. Ahsan practices at several locations, including Henry Ford West Bloomfield Hospital and Henry Ford Hospital in Detroit.

"For some, spider and varicose veins are simply a cosmetic concern," says Dr. Ahsan. "But if they cause symptoms, then you should see a doctor."

More serious problems can also occur. If left untreated, there can be damage to the skin leading to skin ulcers. There's also a slight risk of developing a blood clot in a vein deeper in the body. Blood clots can break loose and travel to the lungs, resulting in a medical emergency.

A LEADER IN VEIN CARE

Years ago, treatment was limited to wearing compression garments and a surgical procedure called vein stripping. This procedure required incisions and a longer recovery.

But thanks to the Henry Ford Heart & Vascular Institute, people with spider and varicose veins now have options. The institute is a leader in cardiovascular medicine, including a full range of vein treatment options and expert staff specially trained in diagnosing and treating vein disease.

Henry Ford physicians use advanced imaging technology to identify and treat vein disease. This technology gives doctors real-time data during procedures, leading to more accurate treatment and safer, shorter procedures. "With this technology, we can also treat more complicated cases that involve difficult-to-locate veins," says Dr. Ahsan.

A GENTLER WAY TO TREAT VEIN DISEASE

Dr. Ahsan uses less invasive techniques to close the faulty vein. Both endovenous laser therapy (EVLT) and radiofrequency ablation (RFA) result in less pain, no sedation, fewer complications and a faster return to work.

"These new procedures are so much easier on patients," says Dr. Ahsan. "They can return to work within a few days."

For both outpatient procedures, Dr. Ahsan accesses the leg vein and inserts a thin laser fiber through the length of the vein. After placing numbing medicine around the entire length of the vein, he uses heat from the laser or radiofrequency to slowly seal the vein shut.

EVLT and RFA successfully treat the veins in more than 95 percent of cases. "People don't have to live with symptomatic veins," says Dr. Ahsan. "With treatment you can prevent significant health problems and your legs will look and feel better."

To meet the team, schedule an appointment or learn more, visit HenryFordWestBloomfield.com/heart or call 248-661-6461.

recipe

COOKING *for* CANCER

Even with all the advances in medicine and treatments today, there's still so much you can do to help yourself feel better when you have cancer — starting with what you eat.

"Food is medicine," says Cassandra Yono, coordinator for the Demonstration Kitchen at Henry Ford West Bloomfield Hospital. "Different ingredients provide different health benefits, and you can choose what to cook based on your body's needs."

In the recipe below — created for cancer patients, but beneficial for everyone — omega-3 fatty acids, protein, beta-carotene and garlic provide a variety of nutrients and antioxidants that reduce inflammation, protect your strength and boost your immune system, Yono says. Enjoy the hummus with whole-grain crackers or fresh sliced veggies for a healthy, disease-fighting snack.

MICHIGAN CARROT HUMMUS

INGREDIENTS

7 oz. carrots, peeled and chopped
10 oz. garbanzo beans, if canned,
drained and rinsed
1/2 small white onion, diced
2 tbsp. fresh chopped garlic
1/2 oz. tahini paste
2 oz. lemon juice
1/2 oz. lime juice
1/2 tsp. toasted ground cumin
1/2 tsp. toasted ground coriander
A pinch of ground curry
2 tsp. fresh chopped parsley
3 oz. olive oil
1/4 tsp. fresh ground ginger
1/2 tsp. paprika
1 tbsp. kosher salt

DIRECTIONS

1. Peel and boil carrots in salted water for six to eight minutes.
2. Remove carrots from water and add garbanzo beans, onions and garlic.
3. Simmer until the beans are hot — about two to three minutes.
4. Drain cooking water, and place bean mixture and carrots in food processor; pulse once or twice.
5. Add all remaining ingredients and puree until smooth.



GET COOKING AT THE DEMONSTRATION KITCHEN

Want to learn more healthy recipes and cooking techniques? The Demonstration Kitchen (DK) offers cooking classes in a theater-style auditorium that seats nearly 90 people.

"We offer classes to meet nearly every dietary need," says Cassandra Yono, coordinator for the greenhouse and DK. This includes meals for people with chronic diseases like diabetes and heart disease, gluten-free dishes, vegan cooking, classes that promote building flavor without high-calorie ingredients and much more.

The DK also hosts hands-on cooking classes for small groups and kids. So get healthy and get cooking! To register for a class, call 248-325-3890 or visit HenryFord.com/demonstrationkitchen.

BACK IN ACTION

Senior Spine Center Supports Older Adults

If you watched the Olympics this summer, you may have wondered how the constant stress of training and competition affects the athletes' bodies through the years. But the reality is that you don't have to be an Olympian to experience back problems as an older adult.

"Even normal wear and tear can weaken the back and cause 'shopping cart syndrome,' a condition where the spine starts to narrow the space for the nerves, causing older adults to bend forward," says Donald Seyfried, M.D., medical director of the Senior Spine Multidisciplinary Clinic at Henry Ford West Bloomfield Hospital. Arthritis of the spine can also cause pinching of the spinal cord in the neck, or cervical spine, leading to gait difficulties or trouble using the hands for daily activities.

SPECIFICALLY FOR SENIORS

Mike Chedid, M.D., director of spine surgery at Henry Ford West Bloomfield, says the Senior Spine Multidisciplinary Clinic was created to improve the quality of life for older adults who suffer from painful conditions such as fractures, curvature of the spine, severe neck stiffness, shopping cart syndrome or damage to the nervous system.

Often older adults want to avoid surgery due to an appropriate worry about the risks. Some people older than age 70 were once considered too frail for spine surgery or other interventions, but with the development of minimally invasive surgical techniques, spine care is now a viable option for many older patients. In addition, our multidisciplinary approach with geriatricians, pharmacists and even specifically focused anesthesiologists will minimize risks and help patients achieve a successful outcome and improved quality of life.

"The goals of an 85-year-old spine patient are very different from a 40-year-old spine patient, so the program focuses on older adults who want to live independently and pain-free," says Linda Gifford, director of the Center for Health Services Transformation at Henry Ford West Bloomfield.

EASY COME, EASY GO

The Senior Spine Multidisciplinary

Clinic makes services easily accessible for older patients with neck, back, leg or spine pain or disability from nervous system injuries who have been referred by their primary care physician or neurologist.

"We designed the Senior Spine Multidisciplinary Clinic to make the process as seamless as possible for older adults and their families to navigate," says Mary Quine, manager of the department of neurosurgery at Henry Ford West Bloomfield. "For instance, to expedite care, patients are treated in one convenient location by all members of the Senior Spine Multidisciplinary Clinic team, including neurosurgeons, geriatricians, rheumatologists and rehabilitation therapists."

After an evaluation that includes musculoskeletal examinations, imaging scans and a review of existing health conditions and medications, members of the Senior Spine Multidisciplinary Clinic team hold a multidisciplinary conference to create recommendations. Then the patient and his or her primary care provider receive a comprehensive "game plan" detailing the course of treatment.

MAKING THE MOST OF THE REST OF YOUR LIFE

Throughout the course of treatment at the Senior Spine Multidisciplinary Clinic, including the team's suggested treatment plan, care is guided by the patient's individual objectives. For example, patients who choose not to have surgery are offered other options, including steroid injections and medication management or musculoskeletal treatments for pain relief, says Nuala Crotty, M.D., the psychiatry lead for the program.

"At the Senior Spine Multidisciplinary Clinic, every medical intervention is designed to enhance a patient's quality of life," says Dr. Seyfried. "We don't just treat a spine problem in isolation — we partner with each patient and his or her physician to provide the exact level of care that makes them comfortable."

To schedule an appointment, call the Senior Spine Multidisciplinary Clinic at 248-661-6417.





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OPERATION EXPANSION

It has only been three years since Henry Ford West Bloomfield Hospital opened its doors, but already a total of ten operating rooms and two procedure rooms cannot keep up with the demand for surgical services.

"The ongoing need for our operating rooms is a direct result of the quality surgical care that patients receive close to home at Henry Ford West Bloomfield," says Mary Claire Dangel-Palmer, CRNA, MSN, director of anesthesia and surgical services.

To accommodate this growing need, the hospital is expanding vertically by adding three new operating suites onto a rooftop area, adjacent to the existing operating areas. This proximity to the

current surgical rooms will enable the surgical staff to make efficient use of the existing care areas used before and after surgery.

"The ORs will have the same state-of-the-art technological capabilities as our current rooms, with the addition of LED lighting that is brighter and cooler than traditional lights," says Dangel-Palmer.

The new operating rooms are scheduled to open next June.

LOOKING FOR DR. RIGHT?

Visit HenryFordWestBloomfield.com and click on the Find a Doctor tab at the top. You can then search for a primary care doctor or a specialist by name or location.

"The community drives us to excel, and it has been involved with our facility's planning and growth from the very beginning," says Dangel-Palmer. "With these new operating rooms, we prove that we listen to our patients and that we deliver quality care for them that is consistent with the mission of Henry Ford Health System."