



A PUBLICATION OF THE HENRY FORD CANCER INSTITUTE

# JOURNEY FORWARD



Peace in  
Painting

Manage Changing  
Relationships

Cancer and  
Your Heart



## Dear friends,

As we embark on a new year, I am filled with gratitude.

*For the highly effective COVID-19 vaccines and boosters that are keeping you safer during this pandemic.*

*For the trust you've placed in our incredible cancer team.*

*And for their tireless work to deliver life-saving cancer care so you can continue your fight.*

Within these moments of gratitude – shared with family, friends, colleagues, neighbors and your care team – you often find those who provide the greatest support and encouragement along your cancer journey. They're the ones who drive you to an appointment, drop off dinner, walk the dog, help with laundry or regularly call to check in. In this issue of *Journey Forward*, we've fondly dubbed this vital group the "Support Squad" (page 10).

A testament to the power of a support system is Anthony Bamgbose's prostate cancer story (page 6). His wife Ololade was his rock when he got a second opinion at Henry Ford. That decision, and her support, opened the door to a unique clinical trial with innovative single-port robotic surgery. (On page 5, read more about the value of clinical trials.)

And June McKie's story (page 13) reminds us that while cancer often changes relationships – and not always for the better, as we explore in this issue – it's possible to find the willpower to move on, be flexible and forgive.

As a point of pride, the Henry Ford Cancer Institute just had its first joint cancer research symposium with our partners at Michigan State University. The level of science, collaboration and engagement was impressive! Moreover, this month marks the one-year anniversary for the opening of the Brigitte Harris Cancer Pavilion in Detroit. Each day, I'm grateful for the genuine, compassionate interactions and innovative, integrated care happening within its walls and beyond – all to offer hope on the journey forward.

Sincerely,

**Benjamin Movsas, M.D.**

*Interim Medical Director, Henry Ford Cancer Institute  
Chair, Department of Radiation Oncology*

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### ON THE COVER

Anthony Bamgbose's experience as a software engineer drove him to find innovative prostate cancer care in a unique clinical trial.

*Read the full story on page 6.*

### SUBSCRIBE TODAY!

To continue to receive or add a recipient to this newsletter, visit [HenryFord.com/JourneyMagazine](https://HenryFord.com/JourneyMagazine).



## Sign of Hope, Gift of Gratitude

Hope anchors the soul. These are the words that encircle a blue metal anchor, which stands in the garden at Henry Ford Medical Center – Fairlane. The sign is a gift of gratitude from Diane Hirshey to the pancreatic cancer team that helped her husband Scott. He survived eight years with pancreatic cancer and had a passion for creating customized anchors. Diane believes the gift will be a sign of hope for cancer patients.

## Study: Race, Income May Increase COVID-19 Complications

Patients with cancer are more vulnerable to the effects of COVID-19. Also, Black and low-income patients have the greatest risk for complications and death, according to a study led by researchers at the Henry Ford Cancer Institute. Published in *Cancer Reports*, the study analyzed nearly 150,000 cancer patients diagnosed and treated within the past five years.

## Glioma Brain Tumor Research

To advance treatment of glioma brain tumors, Henry Ford is joining a national group of neurosurgeons from leading brain tumor institutions participating in the Glioma Connectome Project (GCP). The GCP is working to better understand the connectome, a map of brain pathways, to predict the brain's response to glioma tumor treatments. The collaboration was made possible through a research grant awarded to neurosurgeon Ian Lee, M.D.

## Free, Educational Artmaking Courses

The Henry Ford Cancer Institute's Healing Arts Program has partnered with the College for Creative Studies (CCS) to offer free, educational artmaking courses to patients and the community. Hosted by CCS teaching artists, the partnership features six-week courses via Zoom and provides free art supply kits. Weekly classes include water painting and new techniques to create unique, expressive paintings. *To learn more about our programs and the healing benefits of art, see page 4.*

# Find Peace in Painting

*Whether you love painting or you've never held a brush, taking up painting during your cancer journey can help you find peace. It can also help you honor every emotion, from the good to the bad and the ugly. Henry Ford art therapist Mallory Montgomery, MS, ATR-BC, explains the benefits of using art for expression, relaxation and healing.*



**MALLORY MONTGOMERY, MS, ATR-BC**

Many people bury their negative emotions while fighting to survive. That's hard work. "During the physical and mental art-making process, we express the emotions we hold closest to our hearts," Mallory says. "We put those emotions on canvas or paper. Finally, we get some breathing room."

## PHYSICAL CHANGES

Playful artistic expression lowers blood pressure, anxiety and depression. Repetitive movements during painting increase relaxation and the natural healing process.

## MOVIES OR ART

It's easy to watch videos or movies when we're sad or depressed. "Although movies can produce an emotional release, they can't create the same relaxing feelings as art because there's no connection between emotions and physical movement," Mallory says. "That means there's no *deep* improvement in a person's sense of well-being. Ultimately, art produces a reward for our efforts."

## CANCER CAN'T TAKE EVERYTHING

Mallory offers art opportunities that give people a sense of control and provide ways to maintain their identity. Art therapy is especially important for patients in palliative treatment because they need to express their feelings in a safe place.

## HOPEFUL ART

"The biggest obstacle to overcome in art therapy is hating our art and viewing it through the eyes of a professional artist," Mallory says. "That's not what art therapy is about. It's about hope and finding meaning, even in a meaningless disease."



## Ready. Set. Paint.

"In art, there aren't mistakes – just happy accidents," Mallory says.

- **Find a quiet spot.** One with light or windows is preferable.
- **Get supplies.** Think brushes, paint sticks, paint, canvas or paper.
- **Get your comfy cozies.** Blankets, pillows, music and snacks will set the mood.

Express your feelings by playing with color and brush strokes. Make as many marks and shapes as you can. Build confidence.

Try painting small objects or big skies, seascapes and landscapes. Paint what gives you joy – flowers, people or sunrises. Experiment with acrylic paint. Try watercolors and gently push or pull the watercolor puddles.

Expressive play can be tiring. Work in 30-minute sittings. Paint when you need to release emotions.

Watch Mallory's online painting sessions. Visit [HenryFord.com/JourneyMagazine](https://www.henryford.com/JourneyMagazine).

# The Value of Clinical Trials



**SHIRISH GADGEEL, M.D.**

Almost all cancer treatments performed today – from screening to palliative care – were approved and established only after multiple, intensive clinical trials. For many patients, clinical trials provide opportunities to receive care that complement or are different than standard therapy.

"Patients may have access to cancer treatments that are currently experimental and may not be available otherwise for many years," says Shirish Gadgeel, M.D., associate director of Patient Experience and Clinical Care and chief of the Division of Hematology/Oncology.

## SAFETY, BENEFITS AND RISKS

"Before potential treatments are studied in clinical trials, medical experts in laboratories carefully investigate the safety and effectiveness of each treatment," Dr. Gadgeel says. "Then national and organizational regulatory groups extensively review the protocol, or rules and methods, for each clinical trial."



## Explore Enrollment

At any time before or even during cancer treatment, patients are invited to talk with their healthcare providers about participating in a clinical trial to evaluate the benefits of current treatments or new therapies.

"Although it is impossible to enroll every patient in a clinical trial, we believe every patient should be considered for one," Dr. Gadgeel says.

Learn more about clinical trials at [HenryFord.com/Cancer](https://www.henryford.com/Cancer).

## DIVERSITY MATTERS

Only 3 to 5% of eligible adult patients in the U.S. are enrolled in cancer clinical trials. "It is crucial to enroll more patients – particularly those in diverse populations – because cancer outcomes differ in various ethnic and racial groups," Dr. Gadgeel says. "For example, triple negative breast cancer has a higher mortality rate in African American women. But unfortunately, they are under-represented in clinical trials."

Henry Ford is currently involved in a community-based initiative to increase minority participation in clinical trials.

## EVALUATE PARTICIPATION

Participating in a clinical trial is voluntary. Before enrolling, patients review the treatment, research methods, consent form, and potential benefits and risks. Only patients who feel completely comfortable and understand the potential benefits and risks should participate in clinical trials. Patients may end their participation at any time.



# Driven for Innovative Care

*An online search leads to a unique clinical trial and cutting-edge prostate cancer surgery.*

*As a software engineer who works on hands-free driving projects, Anthony Bamgbose knows the importance of teamwork and cutting-edge technology.*

During his annual exam, a prostate-specific antigen blood test (PSA) was done to check for a protein made by prostate cells, possibly indicating prostate cancer. Concerns were raised, and his doctor requested further testing with a specialist. Soon, Anthony's decision-making expertise would show up in his medical choices.

After a transrectal ultrasound and prostate biopsy at a nearby hospital, he was diagnosed with low-risk prostate cancer and surgery was scheduled. "I wasn't comfortable," says Anthony, a father of three and Oakland Township resident. "I didn't get enough information." Because two relatives had prostate cancer, he got a second opinion.

"I went to the Henry Ford website, and they gave me more information about what was going on," Anthony says. "I saw they were on the cutting edge of technology. The presentation was so great, I decided to contact Henry Ford right away. If I had gone to the other hospital, they may have been great, but they don't tell you what they do. They say they provide service, but they don't give you the details."

At Henry Ford, Anthony learned the low-risk cancer could be monitored with MRI imaging. If abnormal tissue was found, a targeted biopsy could be done. But since the cancer did not require immediate treatment, Anthony chose to watch and wait.

Within six months, Anthony had an MRI that showed a suspicious area, and his biopsy identified clinically significant cancer, ranked as a 7 Gleason Score – a grading system used to stage prostate cancer. Again, he chose to monitor his symptoms. Later, another MRI and an advanced, targeted transperineal biopsy showed progression of the tumor, and Anthony scheduled surgery to remove his prostate.

"Either his cancer had progressed to a higher-risk cancer, or the MRI detected a higher-risk cancer that had been missed on his original, nontargeted biopsy," says Craig Rogers, M.D., chair of the Department of Urology.

After Anthony scheduled his surgery, Dr. Rogers informed him of a new clinical trial at Henry Ford. To shrink the tumor and spare his nerves during surgery, a new drug could be injected into the tumor.

"I believed the clinical trial drug would be helpful," Anthony says. "The drug had already been tried in California in a phase 1 trial, and that gave me confidence. Also, I was confident I could stop the clinical trial at any time."

CONTINUED ON PAGE 8

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*I advise other patients to talk to their doctors, do their own research and be prayerful.”*

— ANTHONY BAMBOSE



Initially, his wife Ololade was concerned about adverse effects. “She’s a nurse, and she did lots of research about the medicine and side effects,” Anthony says.

“Then she felt very comfortable,” he says. “We took a calculated risk, and we were very prayerful. That gave us confidence,” says Anthony in his home office, which is cluttered with electronics. Accustomed to making important decisions, Anthony left Nigeria and came to the U.S. to attend college. Since then, he’s traveled to nearly 35 states. Ololade, also from Nigeria, came to the U.S. after their marriage.

As the first participant in the phase II NanoPac clinical trial offered only at Henry Ford, Anthony received three monthly, MRI-targeted injections of Paclitaxel nanoparticles into the tumor.

“Every week, I had a blood test to monitor for changes, and I was confident the drug was going directly into the prostate tumor, not the bloodstream,” Anthony says.

Dr. Rogers performed a robotic prostatectomy using the new single-port robotic system that required only one small abdominal incision. “After the surgery, I was able to move and walk gently the next day,” Anthony says. “Within a week, I was acting normally.”

Post-surgery tests show Anthony is cancer free. Says Dr. Rogers, “Anthony is a role model for prostate cancer treatment. He experienced biopsies that were targeted and precise. He had minimally invasive treatments and enrolled in a clinical trial.

Dr. Rogers emphasizes that Black men are more likely to develop and die from aggressive prostate cancer. “It’s important to raise awareness about the disease. We’ve made significant improvements in the safety and accuracy of our transperineal biopsy, reducing risks for infection and bleeding. We also offer an ‘executive biopsy,’ a one-stop process that provides MRI and biopsy results within 48 hours, reducing anxiety and wait time.”

“I’m glad I got a second opinion at Henry Ford,” says Anthony, who routinely monitors his PSA levels. “I advise other patients to talk to their doctors, do their own research and be prayerful. You have to feel good about doing a clinical trial.”



Learn more about Anthony’s story and watch his video at [HenryFord.com/JourneyMagazine](https://HenryFord.com/JourneyMagazine).

## Cancer and Your Heart



MADHULATA REDDY,  
M.D.

Cancer therapies such as chemotherapy, immunotherapy and high-dose radiation have helped many patients survive longer. However, in some cases, these therapies increase your risk for developing heart conditions or increase the severity of existing heart problems.

“When cancer treatment affects your heart and blood vessels, this is known as cardiotoxicity,” says cardio-oncologist Madhulata Reddy, M.D.

“It’s important to note that not all cancer therapies cause heart or blood vessel damage.”

### CARDIOTOXICITY RISK

“We weigh the risks and benefits of cardiotoxic drugs and check the heart to ensure it can tolerate required cancer therapy, particularly drugs in the anthracycline family,” Dr. Reddy says. She notes obesity, age, diabetes, smoking and high blood pressure increase the risk for heart damage from certain cancer therapies. Still, highly aggressive cancers and certain types of cancer – blood, breast, kidney or lung cancer – often benefit from treatments that *may* increase the likelihood for cardiotoxicity.

“The key word is ‘may,’” Dr. Reddy says. “Even if your care team does recommend a potentially cardiotoxic therapy as part of your treatment plan, this doesn’t mean that you will get heart or blood vessel damage.”

### KNOW THE SYMPTOMS

While cardiologists and medical oncologists monitor heart function during treatment, cardiotoxic symptoms may not occur until months or years after cancer therapy. Call your doctor if you experience:

- Chest pain
- Worsening cough
- Trouble breathing
- Unexplained weight gain
- Dizziness or fainting
- Leg or ankle swelling



### A Beat on Heart Health

“Being physically active can lower the risk of heart disease,” Dr. Reddy says. Manage your weight and stress levels.

Incorporate plenty of vegetables and some fruit in your diet and stop smoking. Continue taking required medications to control blood pressure, diabetes or cholesterol.

After treatment, keep your appointments for follow-up care. Get the recommended screenings for cancer, blood pressure, cholesterol levels, blood glucose levels and other cardiovascular risk factors.

# The Support Squad: Why It's Important

After a cancer diagnosis, it's important to create a support system to help manage the roller coaster of emotions – fear, depression, anxiety – and regain a sense of normalcy.

“Your support group will be there on your worst days to pull you up, and they’ll celebrate your small wins,” says Camille Romain, manager of social work.

## PICK YOUR PEOPLE

You have the right to ask for and accept help. People may surprise you with their interest and availability. Camille says to pick family, friends, neighbors and co-workers to assist with specific tasks, such as:

- **Medical appointments:** Select a good advocate to take notes and ask questions.
- **Talking:** Trust your gut to find a good listener who makes you feel comfortable.
- **Meals:** Pick people to bring meals – homemade or store bought. Tell them your appetite may change.
- **Pet care:** Animal lovers can walk your dog, feed your cat or whistle to your bird.
- **Hobbies and entertainment:** Look for someone who likes to laugh, play games or watch movies. Artsy people are great for creative projects.
- **Laundry or housekeeping:** Choose someone orderly to help with housekeeping and laundry. A tidy house can be a mood booster.

## BE SPECIFIC

Try asking questions like this: “Can you please do my laundry each week until I finish chemotherapy?” Or, “Can you watch a movie with me this Friday evening?”

## HELP WANTED: CANCER EXPERIENCE REQUIRED

“Cancer patients and survivors may have the compassion, strength or hope that resonates with your needs,” Camille says. Henry Ford has support groups for patients with specific cancers. Also, Imerman Angels, a nonprofit organization, connects patients to others who have had similar cancers.

## NO TRESPASSING?

Highly independent patients often thrive on normal routines. Offers for support may be reminders of sickness and losses. Still, try to gracefully accept acts of kindness. Gratitude is your next best friend.

## FRIENDS AND FAMILY TAKE NOTE

“Be respectful of the patient’s feelings and preferences, reassuring them you’re available to help,” Camille says. “Call or text before a visit.” When all else fails, follow your intuition.



## ASK DR. RYAN

# Manage Changing Relationships

Michael Ryan, Psy.D., is the clinical director of supportive oncology at the Henry Ford Cancer Institute.

It's normal for relationships to change after a cancer diagnosis. You, your family and friends will be dealing with strong emotions, and communicating effectively may take some time. Flexibility and forgiveness will be helpful. Here are tips for coping or letting go.

## SADNESS AND TEARS

If someone's heartache upsets you, consider saying: “Would you please give me a gift? I need your support. Please gather your strength and resilience to help me. Please talk with someone else about your sad feelings.” Community resources are available through Imerman Angels, Gilda's Club and other organizations.

## MINIMIZE OR ENCOURAGE?

A friend says: “I know someone who had your type of cancer. They're fine now, so don't worry.” Was it minimizing or encouraging? Be kind and direct. “I appreciate your trying to help. But I'm working through my own ways of dealing with this disease.”

## AVOID AND DISENGAGE

People may feel helpless or have limited experience with a serious illness. Some survivors may not want to hear about cancer and re-experience their pain. If your attempts to connect have failed, find other supporters.

## JUDGMENT AND BLAME

Beliefs about treatment may trigger judgmental speech. Let people know you've heard their viewpoint; you've studied your options and made your decision. Ask them to *still* support you. If addictions or lifestyle issues spark blame for cancer, remember self-compassion is important for recovery. Make and keep boundaries in conversations.

## ANXIOUS OR OVERBEARING

Fear produces a physical reaction – fight, flight or freeze. Directing that energy can be helpful. Tell people your specific needs – cleaning, cooking, running errands or resting alone. They may respond quickly and support you.

## DIFFICULT PERSONALITIES

During treatment, personality problems may be glaring. Choose your challenges and save your strength. Accept differences but look for compromises.

## RE-EMERGING FRIENDS

After treatment, previous friends may re-emerge. Now what? Be bitter or be better? Forgiveness might make you stronger.



CARE IT FORWARD

## The Bridge Between Hope and History

*One of the most striking features of the Brigitte Harris Cancer Pavilion in Detroit is a glass-enclosed pedestrian bridge that spans West Grand Boulevard and connects the Pavilion to Henry Ford Hospital. This bridge – the Nancy Vlasic Skywalk – is named in recognition of a remarkable \$5 million donation made by Robert J. Vlasic to honor his late wife Nancy.*

The Skywalk provides fast, easy access to patients and staff moving between the hospital and the Pavilion. The bridge is filled with natural light, extending the Pavilion’s calm and healing atmosphere.

The connection between the Vlasic family and Henry Ford runs deep. Between 1976 and 1987, Robert Vlasic served on the health system’s Board of Trustees and was chairman from 1983 to 1987. Recently, the relationship expanded and includes Robert’s sons Paul and Rick as trustees, and several family members who have contributed in numerous ways to advance our mission.

On March 9, 2021, Robert Vlasic celebrated his 95th birthday with his five sons by crossing the Nancy Vlasic Skywalk for the first time. James, Rick, Bill, Michael and Paul Vlasic visited the Pavilion with their father and paid tribute to Nancy’s memory.



**MARCH 2021:** On his 95th birthday, Robert Vlasic crosses the Nancy Vlasic Skywalk for the first time.

“There is a special significance to our father’s gift in honor of our mother,” Paul Vlasic says. “Brigitte Harris and my mother were longtime friends, as were Mort Harris and my father. To have two families, so pivotal in shaping the first 100 years of Henry Ford, also connected in a way that ties to the next 100 years of Henry Ford’s delivery of care is truly humbling and very fitting.”

With this gift, the Vlasic family bridges the historical significance of Henry Ford Hospital with the hope and promise the Pavilion offers patients and families.

SURVIVOR SPEAKS OUT:

## Create Willpower from Fear and Anger

June McKie loves life – gardening, cooking and talking with patients as a Henry Ford dialysis clerk. A former constant watcher for suicidal patients, June saw patients talking to encouragers, and clamming up with judgmental people. Soon, she would use the lesson.

Diagnosed with tongue cancer, June was told that part of her tongue would be removed, and the remaining portion reconstructed with tissue from her arm.

“I didn’t break down. I didn’t cry. I had to be strong,” June says. Home alone, June called the man she’d been dating and told him about the cancer. He slowly cursed three times.

“All my strength came from his three words,” June says. “He couldn’t handle it. I stopped dating him. I needed to be the strongest I could be. When some people hear you have cancer, they fall out and want to bury you. I didn’t tell my family because it was Christmastime. Instead, doctors at Henry Ford took me in as family. And I talked to God and my friend, Rhonda.”

Tamer Ghanem, M.D., Ph.D., director of head and neck microvascular surgery, performed the intricate operation. “Dr. Ghanem’s team worked so hard,” June says. “I wanted surgery done quickly so I could go back to work. People needed me at my job, and I needed my mouth to talk.”

Following the surgery, a home nursing assistant wouldn’t fix June’s feeding tube. June tried, and sticky solution flew everywhere. Angry, June cleaned the mess, then fixed the tube and slept soundly. “I’m grateful for that woman,” says June, who now speaks clearly and easily. “She made me see what I could do for myself.” June returned to work in four weeks.



“Ms. McKie demonstrated incredible willpower in one of the worst possible situations where most people would be ready to give up,” Dr. Ghanem says.

### TIPS TO BUILD WILLPOWER

- Don’t let fear incubate.
- Attack the problem head on.
- Believe that people need you.

Read June’s full story at [HenryFord.com/JourneyMagazine](https://www.henryford.com/JourneyMagazine).

# Care and Connect Resources



## ONCOSTAT SAME-DAY CARE FOR URGENT HEALTH NEEDS

Henry Ford's OncoStat Clinic provides immediate and convenient care for cancer patients who are experiencing COVID-19 symptoms or any challenging side effects from radiation or chemotherapy. OncoStat works in collaboration with your medical oncology and/or radiation oncology team, offering same-day support by phone or in-person visits at several locations, including Henry Ford Cancer Institute – Detroit.

**Video visits are also available through MyChart.**  
**Call (313) 916-9840, Monday-Friday 8 a.m. – 5 p.m.**



## BECOME A VOLUNTEER

Whether you're exploring healthcare careers or just looking for an opportunity to give back, there's a volunteer role for you at the Henry Ford Cancer Institute. Our volunteers offer guidance for visitors, comfort for patients and support for family members and caregivers. Learn more about our volunteer requirements and complete the online volunteer interest form:

**[HenryFord.com/HFCIvolunteer](https://HenryFord.com/HFCIvolunteer)**



## JOIN OUR FACEBOOK SURVIVORSHIP GROUP

When you join the Henry Ford Cancer Institute Survivorship Group on Facebook, you'll connect with fellow patients and caregivers. You'll also have access to healthy lifestyle resources and videos, and our Facebook Live events. It's easy to join:

- Log onto Facebook.
- Search "Henry Ford Cancer Institute Survivorship Group."
- Request to become a member and answer a few questions.
- Start sharing!

# Support for the Journey

*We provide many online events and cancer support groups to improve your physical and emotional well-being during cancer treatment and recovery.*

## Virtual Patient & Caregiver Support Groups

*Our online support groups are free and easy to join on your mobile device, tablet or computer. You will receive instructions when you register.*

### BRAIN CANCER

Meets online the third Saturday of the month, 10 – 11:30 a.m.

### BREAST CANCER

Meets online the first Monday of the month, 6 – 7:30 p.m.

### GENERAL CANCER

Meets online the first and third Mondays of the month, 1:30 – 3 p.m.

### HEAD AND NECK CANCER

Meets online the first Thursday of the month, 2:30 – 3:30 p.m.

### METASTATIC CANCER

Meets online the fourth Thursday of the month, 3:30 – 5 p.m.

### NEWLY DIAGNOSED CANCER

Meets online the third Wednesday of the month, 11 a.m.

### STEM CELL CANDIDATE

Meets online the second Monday of the month, 1 - 2 p.m.

### STEM CELL TRANSPLANT CAREGIVER

Meets online the first Monday of the month, Noon – 1 p.m.

## Online Wellness Events

### ART THERAPY OPEN STUDIO

Meets online the third Tuesday of the month, 1 – 2:30 p.m.

### CANCER PATH: THRIVING AND SURVIVING INTERACTIVE WORKSHOP

Meets for six-week sessions at various dates and times throughout 2021. For specific dates, email **[CancerSupportInfo@hfhs.org](mailto:CancerSupportInfo@hfhs.org)**

### LUNCH WITH THE DETROIT SYMPHONY ORCHESTRA

Virtual broadcast on the third Wednesday of the month, Noon – 1 p.m.

### LIVE WITH THE MICHIGAN OPERA THEATRE

Virtual broadcast the second Thursday of every month, 2 p.m.

*Sign up for our online programs by emailing **[CancerSupportInfo@hfhs.org](mailto:CancerSupportInfo@hfhs.org)**. Provide your name and desired support group or event. Learn more: **[HenryFord.com/CancerSupport](https://HenryFord.com/CancerSupport)**.*



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# How to Nap Like a Pro



## TAKE ADVANTAGE OF TIMING

Prime naptime is around 2 p.m. when there's a dip in our bodies' internal clock.



## SET THE STAGE

Create a soothing environment that's dark, cool and quiet.



## DRINK A CUP OF JOE

Sip immediately before you snooze – the caffeine will act like a built-in alarm clock.



## AVOID NAPPING TOO CLOSE TO BEDTIME

Taking naps late in the day impacts your ability to sleep at night.



## RELEASE THE GUILT

Taking a power nap does not make you lazy.

**JOURNEY FORWARD – WINTER 2022**

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