

LIVEWELL

Winter 2022



HENRY FORD
MACOMB HOSPITAL



SCHEDULE YOUR **MAMMOGRAM ONLINE**

Did you know 1 in 8 women in the United States will develop breast cancer in her lifetime? That's why regular breast cancer screening is important for early detection of tumors and is vital to successful outcomes. It starts with your yearly mammogram. **Visit [HenryFord.com/Mammogram](https://www.henryford.com/Mammogram) to schedule your appointment online today.** It's quick and convenient and we are taking extra steps to keep you safe during your visit. Current Henry Ford patients can also schedule through MyChart. Don't delay this lifesaving cancer screening.



ANOTHER AWARD **FOR PATIENT SAFETY**

Henry Ford Macomb Hospital was awarded another A rating for patient safety performance in The Leapfrog Group's fall 2021 Safety Grades. Leapfrog assigns this rating to 2,600 hospitals twice a year and is the only hospital ratings program based exclusively on prevention of medical errors, injuries and infections. The Safety Grades reflect performance on more than 30 evidence-based measures of patient safety. Receiving this high rating further ensures our commitment to keeping you safe while providing the very best in clinical care.

BEAM **SIGNING**

In November, physicians, staff and community leaders gathered to sign one of the final beams that will be used in Henry Ford Macomb



Hospital's new north tower, currently under construction. It represents the largest expansion and transformation project since the hospital was built in 1975. The new, 225,000 square foot, five-story, 160-patient tower is scheduled to be completed in 2023, with renovations to existing rooms complete in 2024. Patients and families will experience all-private, spacious rooms with high tech features. **Visit [HenryFord.com/MacombTransformation](https://www.henryford.com/MacombTransformation).**



WINTER WEATHER WORKOUT TIPS

EXERCISING OUTDOORS IN ANY SEASON HAS MANY ADDED BENEFITS. IT REDUCES STRESS, BOOSTS YOUR ENERGY AND VITAMIN D, AND CONNECTS YOU WITH MOTHER NATURE. However, frigid temperatures can create obstacles. Here are some tips to make winter exercise enjoyable and safe.

1. **CHECK THE FORECAST.** If temps dip below zero, the wind chill is extreme, or it's snowing, exercising outside can be risky.
2. **DRESS IN LAYERS.** Dressing too warmly can increase your risk of overheating.
3. **PAY ATTENTION TO YOUR BODY.** During exercise, blood flows to your core, leaving your fingers, toes and head vulnerable to the cold. Make sure to cover those areas.
4. **WARM UP.** To avoid injury, warm up your muscles before heading out. Your joints may be stiffer when it's cold.
5. **STAY HYDRATED.** Maintain health and stave off infection with proper hydration before, during and after exercise.
6. **TAKE VITAMIN D.** Sunlight is low during the winter. Take a vitamin D supplement to enhance bone health, boost your immune system and keep hormones balanced.
7. **CHANGE THINGS UP.** Instead of running, walking or circuit training, participate in new activities like ice skating, sledding, hiking and skiing.



TOTAL SHOULDER REPLACEMENT DELIVERS A NEW LEASE ON LIFE

AT 81 YEARS OLD, CAROLE BROADWICK, WHO HAD UNDERGONE TWO HIP REPLACEMENTS AND A KNEE REPLACEMENT OVER THE YEARS, DID NOT WANT ANY MORE SURGERIES. But after suffering in agony for more than a year, the pain in her shoulder made the decision for her.

Carole, who lived in Traverse City at the time, was scheduled to have surgery at a hospital there, but due to COVID-19, elective procedures were shut down in hospitals across the state. In the meantime, she and her husband Bill decided to move to Clinton Township to be closer to their five sons. She waited until after they relocated to start the process again.

THE HENRY FORD ADVANTAGE

Her new primary care physician referred her to Dr. Vinay Pampati, an orthopedic surgeon at the Henry Ford Center for Joint Replacement. He scheduled her for reverse total shoulder replacement, a single procedure done for patients who have shoulder arthritis with underlying rotator cuff tears.



Vinay Pampati, D.O.

A reverse total shoulder replacement relieves arthritis by replacing the worn-out joint surfaces with an artificial joint made of metal (cobalt chrome) and plastic (polyethylene).

Carole finally had her surgery at Henry Ford Macomb Hospital in January of 2021. She stayed overnight but was unable to have visitors because of the pandemic.

The surgery was a great success. A visit to her home by a Henry Ford Macomb occupational therapist for a safety assessment and outpatient therapy at Henry Ford Rehabilitation - Clinton Township helped to aid her recovery.

A THANKFUL PATIENT

Carole was so grateful for the care she received; she sent a thank you postcard to Dr. Pampati which read:

“I know by sending this note on a postcard that many will have read it before you, but that’s okay. I want everyone to know what a great job you did on my reverse total shoulder replacement. After several years of cry-out-loud pain in my shoulder, I am now pain free. You’ve given me, at 81, a new lease on life. I thank you for using your skills to make my life ahead good. God bless you!”

Carole, who has since celebrated her 82nd birthday, reports a “sensational improvement” since undergoing reverse total shoulder replacement.

“I’m so thankful to be able to reach up to put things away, belt my own pants and do other everyday tasks with no pain or complaints,” she shared.

One of her many talents is creating beautiful stained-glass windows — a hobby she was forced to give up prior to surgery. Now, she’s back out in the workshop in her garage, creating more amazing designs.

If you or a loved one has been suffering from joint pain, it may be time to see a specialist. Call (586) 228-6200 to schedule an appointment with a Henry Ford orthopedic surgeon or visit [HenryFord.com/JointReplacement](https://www.henryford.com/jointreplacement).





IS WINTER MORE DEADLY FOR YOUR HEART?

WINTER CAN BE A BEAUTIFUL TIME OF YEAR – BUT IT CAN ALSO BE DETRIMENTAL TO YOUR HEART HEALTH. Many studies have shown that there are more heart attacks during the winter months than other times of the year, and one study found that most cold-weather related deaths are due to heart disease, stroke and respiratory disease.

Being conscious of how winter affects your heart could save your life, especially if you already have symptoms of cardiovascular disease.

Here are three reasons why winter can be hard on your heart and what you can do to keep it healthy:

- 1. IT'S JUST REALLY COLD.** Cold weather causes arteries to constrict, which raises blood pressure and pulse rate, ultimately putting more strain on the heart. In addition, cortisone levels fluctuate with temperature, causing platelets to become sticky and allowing clots to form more easily. Combine this with already constricted arteries, and you may notice new symptoms.

WHAT CAN I DO? When you're outdoors, make sure you wear proper clothing to keep your body temperature higher and avoid arterial constriction. If you already have an existing heart condition, avoid over-exerting

yourself. Shoveling away the snow in your driveway is not a good idea for deconditioned cardiac patients, but don't be afraid to go for short walks to get some fresh air.

- 2. YOU'RE NOT GETTING ENOUGH VITAMIN D.** There are fewer hours of sunlight in winter, and a lack of vitamin D is associated with inflammation of the arteries. Some studies have shown a correlation between low levels of vitamin D and the presence of coronary artery disease and chest pain.

WHAT CAN I DO? Take a vitamin D supplement if you are deficient and eat foods like salmon, tuna, egg yolks and mushrooms.

- 3. YOU'RE NOT FUELING YOUR BODY PROPERLY.** During the winter months, many people have holiday celebrations with family and friends, which typically means less exercise and more consumption of sugars, fats and alcohol. Consistent exercise and a balanced diet are crucial for maintaining heart health, and when these habits are put on pause for a few months, your heart and your waistline are two areas that get hit the hardest, especially if you are already overweight or have high blood pressure.

WHAT CAN I DO? It's very important to continue your healthy lifestyle habits throughout the winter months. Try a new healthy recipe to spice up your dinner menu. In addition, swapping unhealthy ingredients for healthier alternatives and exercising for even 15 minutes per day can help keep your heart healthy this time of year.

PUT YOUR HEART **TO THE TEST**

Take our interactive **Get Heart Smart Quiz** to learn exactly what areas of your heart health need attention. You'll get a personalized heart risk report and the expertise you need from our world-renowned team at the Henry Ford Heart and Vascular Institute. It only takes 5 minutes and could be the first step to helping you live a healthier, longer life. **Visit [HenryFord.com/HeartSmartQuiz](https://www.henryford.com/HeartSmartQuiz)**

today. Call 1-800-HENRYFORD (436-7936) to schedule an appointment with a Henry Ford cardiologist.





MAKE HEALTH SCREENINGS YOUR NEW YEAR'S RESOLUTION

REGULAR HEALTH SCREENINGS ARE AN IMPORTANT PART OF MAINTAINING YOUR HEALTH AND WELLNESS, ESPECIALLY AS YOU AGE. And with heart disease and cancer still listed as the nation's top killers, staying current with screening exams and disease management regimens can be a life saver.

"Whether you need lab work, a blood pressure check or a preventive screening exam, it's important to check in with your healthcare provider," says Hina Syed, M.D., a family medicine physician at Henry Ford Health System.

"It's especially important to get recommended cancer screening exams," Syed says. "If you are behind on those, you can miss that critical window where you can get potential lifesaving treatment."

CRITICAL CANCER SCREENING EXAMS INCLUDE:

- Pap smears for cervical cancer screening
- Mammograms for breast cancer screening*
- Colonoscopies for colorectal cancer screening
- Low-dose computed tomography (CT) scans for lung cancer screening

* The pandemic has also created an opportunity for your provider to recommend home-based screening tests, such as the fecal immunochemical test (also known as FIT-kit) for colon cancer.

CREATE A PREVENTION PLAN

An effective prevention plan requires regular visits with your primary care physician. During these visits, they will take a detailed history, analyze your health behaviors and come up with a plan that makes sense for you.

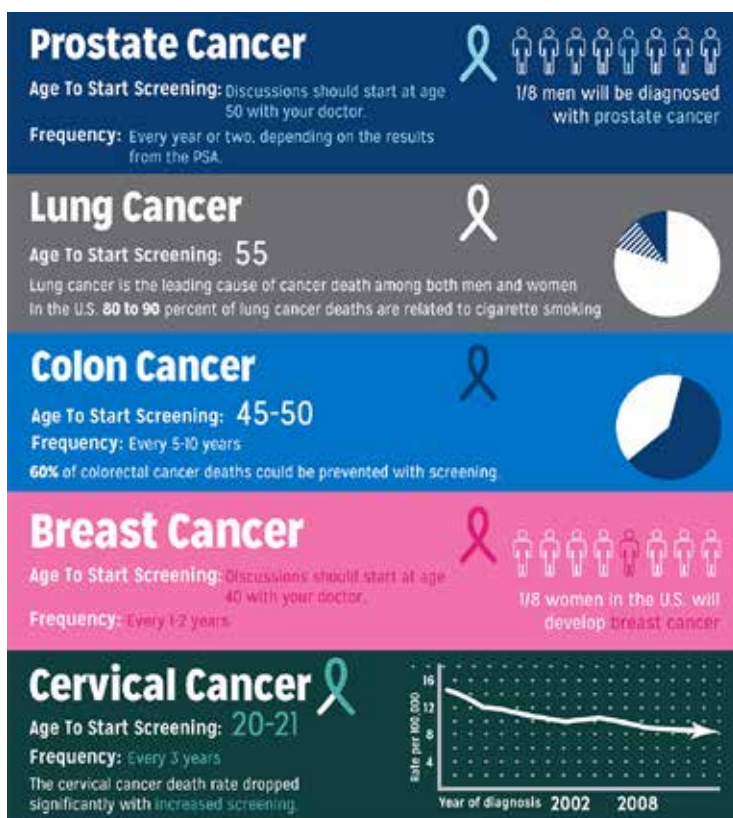
ADDITIONAL RECOMMENDED SCREENINGS MAY INCLUDE:

- Blood pressure checks
- Cholesterol screening
- Glucose testing
- Breast exam
- Testicular exam
- PSA (for prostate cancer screening)
- Skin exam

Vaccinations for adults are also addressed during visits with your primary care physician. These may include flu, pneumonia, shingles and Tdap, depending on your age and health status.

STAY SAFE AND HEALTHY THIS YEAR

If you have symptoms that might indicate heart disease, or you haven't had a cancer screening exam in years, now is the time to check in with your doctor. Not only are these diseases life-threatening on their own, but they can also increase your risk of developing complications if you contract COVID-19.



Start the new year off in the right direction. Visit [HenryFord.com/PrimaryCare](https://www.henryford.com/PrimaryCare) to request an appointment with a Henry Ford doctor.

Classes

ONLINE ADDICTION EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES

We know that addiction affects relationships and the entire family. That's why we offer several free education programs and support groups for those who are dealing with a loved one with a substance use disorder. Open to anyone 18 or older. **Visit HenryFord.com/MaplegroveCE to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email lkaplan2@hfhs.org.**

TRANS-VOICE VIRTUAL SUPPORT GROUP

For many transgender individuals, having a voice that corresponds with their gender identity can reduce stress and anxiety and assist in the transition process. Henry Ford is proud to begin offering a support group to help the transgender community find their voice. The group meets the second Tuesday of each month. **Visit HenryFord.com/TransVoice, call (248) 661-7241 or email FindYourVoice@hfhs.org.**

QUIT SMOKING VIRTUAL SUPPORT GROUP

It's hard to quit smoking on your own. Your chance of success greatly improves with a good support system. This support group makes giving up tobacco and vaping easier by providing the support needed to overcome dependence. Talk with people going through the same thing in a safe and encouraging space. The group meets every Thursday at noon. **Email tobaccofree@hfhs.org or call (313) 587-7410.**

C.A.R.E. PROGRAM VIRTUAL CLASSES

The C.A.R.E. program offers a variety of virtual classes to help you – the caregiver – and the person you care for. Classes include Creative Mindfulness with Art, Caregiver Support Groups, and a Kids Art Club. **Visit HenryFord.com/CaregiverWellness for more information, including dates/times and to register. Registration is required due to limited capacity. Call (866) 574-7530 or email CaregiverResources@hfhs.org for questions.**

Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources and Education).

ADVANCED CARE PLANNING

One-on-one meetings with trained facilitators help individuals and families learn how to plan for medical decisions based on their medical conditions, goals of care and faith and values, as well as complete an advance directive. **Call (248) 325-1284 to register.**

FREE NARCAN TRAINING OFFERED ONLINE

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for those who want to learn how to administer the lifesaving antidote for a narcotics overdose. Participants receive a free kit by mail with two doses of Narcan in nasal-spray form. **Visit FamiliesAgainstNarcotics.org/naloxone for more information, training dates and to register.**

EXPECTANT AND NEW PARENTS

Join us for online virtual birthing classes. Learn the same material as the traditional in-person classes from a remote, safe environment. Share videos and have your questions answered, just like in the classroom setting.

Childbirth Preparation

Topics include stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills and postpartum.

Infant Care

Learn the basics of evidence-based care for your newborn baby's needs.

Breastfeeding

Experience the benefits and basics of breastfeeding by learning the best practices.

Birthing Center Virtual Tours

We understand that expectant parents want to see where they will welcome their new baby.

Visit HenryFord.com/ChildbirthTours for videos and photos to help familiarize you with our various Birthing Centers.

For more information, including additional classes, dates, time, pricing and to register, visit HenryFord.com/Baby, call (734) 246-9601 or email rlayne1@hfhs.org.

THE GRAND PLAN: INFANT CARE FOR GRANDPARENTS

As time has progressed, so have the ways to care for a newborn. Join us online as new and expectant grandparents prepare for this special time in their lives. Learn communication, how to help, guidelines for infant care and how to bond with your new grandchild. **Visit HenryFord.com/Baby, call (248) 325-0037 or email sarah.lavery@hfhs.org to register.**

WEIGHT MANAGEMENT

While normal schedules and routines have been disrupted, the structure and support offered by our virtual weight loss programs are more important than ever. Henry Ford Macomb's Center for Weight Management offers individual coaching, group support and accountability to help you successfully achieve your weight loss goals, all from the comfort of your own home. **Call (586) 323-4800 or visit HenryFord.com/LoseWeight to get started.**

DIABETES PREVENTION PROGRAM

If you're at high risk for type 2 diabetes, the Centers for Disease Control and Prevention-led Diabetes Prevention Program can help. This program teaches lifestyle changes to prevent type 2 diabetes and is proven to prevent or delay the onset of type 2 diabetes by 58 percent. Join us for this FREE yearlong lifestyle change program. New classes begin monthly (times vary). **For more information, email dppregistrations@hfhs.org or call (800) 532-2411.**

CANCER SUPPORT GROUPS, CLASSES AND EVENTS

Art Therapy Open Studio

Enjoy monthly art projects. Meets virtually, third Tuesday of the month, 1 – 2:30 p.m.

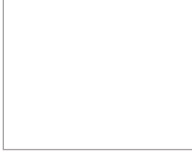
Lunch with the Detroit Symphony Orchestra

Free live monthly virtual concerts from the talented musicians of the DSO.

Live Music with Michigan Opera Theatre

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of MOT.

For a complete listing of virtual offerings and cancer support groups, visit HenryFord.com/CancerSupport. Email cancersupportinfo@hfhs.org to get the login information for any of the groups.



**HENRY FORD
MACOMB HOSPITAL**
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The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor.

Henry Ford provides interpreters and other services for the deaf and hard of hearing.

Call (313) 916-1896 to request assistance.

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All For
**TAKING HEART HEALTH
SERIOUSLY
BEFORE IT GETS
SERIOUS**

THE 5-MINUTE GET HEART SMART QUIZ COULD SAVE YOUR LIFE

The pandemic has our attention, as it should, but that's no reason to forget about your heart. Heart disease is the leading cause of death in Michigan, affecting those as young as 40. Heart risks may even be higher now because of factors such as added stress and delayed care. Assess your risk today by taking our quiz at HenryFord.com/HeartSmartQuiz



ALL FOR YOU