

LIVEWELL

Fall 2021



HENRY FORD
WYANDOTTE HOSPITAL

ONLINE PRENATAL CLASSES AT WYANDOTTE



Henry Ford Wyandotte Hospital is well-equipped to care for you and your baby during pregnancy and offers a variety of childbirth education classes, including childbirth preparation, refresher, breastfeeding, sibling classes, and infant CPR. Our online Prenatal Class is done in the comfort of your own home and includes a tour of our Birthing Center. **Join us Oct. 20 or Nov. 24 from 6:30 to 7:30 p.m. for online prenatal classes. Call (734) 246-9601 for more information and to register.**

VIRTUAL WEIGHT MANAGEMENT SESSIONS



Henry Ford Wyandotte Hospital's Center for Metabolic Health and Weight Management is offering several virtual information sessions this fall. Learn about how a weight management program can support improvements to your health, weight and wellness by finding the right program that works for you. **Join us for an upcoming session on Oct. 14 from 6 to 7 p.m., Oct. 29 from noon to 1 p.m., or Nov. 4 from 6 to 7 p.m. Call (734) 285-7420 to receive an access link to the online session.**

VACCINATION IS OUR BEST DEFENSE



As we move into the fall and winter seasons, preventing cold and flu becomes a top priority. Most people are already implementing the things that can prevent the spread, like social distancing, using hand sanitizer and masking up due to the rise in new COVID-19 variants. However, vaccination is still our best defense against both COVID-19 and the flu. **Visit [HenryFord.com](https://www.henryford.com) for the most up-to-date information around vaccines, including booster shots for COVID-19 and the flu shot.**



BLADDER MATTERS? NO NEED TO SUFFER IN SILENCE

NOVEMBER IS BLADDER HEALTH MONTH, SO IT'S A GREAT TIME FOR WOMEN TO LEARN MORE ABOUT BLADDER AND PELVIC HEALTH. Pelvic floor disorders, such as prolapse of the bladder or uterus, incontinence or overactive bladder, are very common conditions.

According to Ali Luck, M.D., a Henry Ford Health System urogynecologist, as many as one in three women have some type of pelvic floor disorder, which can be caused by pregnancy, childbirth, weight, hormonal changes or lifestyle factors.

"Many women suffer in silence, because they're embarrassed to talk with their doctor about these issues," Dr. Luck says. "But there are a lot of treatments available. Everything from lifestyle changes to medications to specialized physical therapy for the pelvic floor. If some type of surgical intervention is required, we can use minimally invasive techniques that minimize downtime."



Ali Luck, M.D.

Many people don't realize there's an entire medical specialty devoted to female pelvic health and reconstructive surgery, with specialists who are trained specifically in urologic gynecology, Dr. Luck adds. She heads the Henry Ford Women's Pelvic Health and Continence Center, which has locations across metro Detroit, including Wyandotte.

"With the aging population on the rise, a lot of women have bladder or other pelvic health problems. We want people to know that they have options and we're here to help."

Dr. Luck sees patients in a clinic located at 3333 Biddle Avenue, about a mile from Henry Ford Wyandotte Hospital. For more information, visit [HenryFord.com/Urogyn](https://www.henryford.com/Urogyn) where you can request an appointment online and download an educational brochure about pelvic health conditions and treatments. Or call (855) 302-1574.



EVERYTHING YOU NEED TO KNOW ABOUT PROSTATE CANCER

OF THE MANY HEALTH ISSUES THAT MEN FACE THROUGHOUT THEIR LIVES, PROSTATE CANCER RANKS AS ONE OF THE MOST PREVALENT. In fact, among males, prostate cancer is the most common type of cancer aside from skin cancer. Despite its frequent occurrence, the disease is often overlooked and misunderstood.

“One in eight men will get prostate cancer,” says Craig Rogers, M.D., a urologist with Henry Ford Health System. “More than 175,000 men are diagnosed with prostate cancer each year and there are more than 30,000 deaths from it each year.”



Craig Rogers, M.D.

If it’s caught in time, prostate cancer is very treatable. Here, Dr. Rogers answers important questions.

Q: WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

A: Prostate cancer is usually slow growing and has no symptoms unless it’s relatively advanced. In advanced stages, men may notice urinary symptoms like obstruction of flow, or blood in their urine or semen.

Q: WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?

A: Advanced age is a risk factor. Genetics also play a role. If you have a family history of prostate cancer, a female in your family who has had ovarian or breast cancer, or a family member who carries the BRCA mutation (a breast cancer gene), you are at a higher risk. African American men are more likely to develop prostate cancer and die of prostate cancer.

You should get screened for prostate cancer in your 40s if you are high risk. Normal risk level can begin at 50.

Q: WHAT DOES THE SCREENING CONSIST OF?

A: Screening typically consists of a prostate-specific antigen blood test (PSA) and a digital rectal examination (DRE). If either test is abnormal, further testing is done with a prostate biopsy.

Q: HOW IS PROSTATE CANCER TREATED?

A: It's usually treated with surgery to remove the prostate, or radiation. Surgery is done with a minimally invasive robotic approach, which was pioneered at Henry Ford.

Q: WHO SHOULD HAVE PROSTATE CANCER SCREENING?

A: Screening recommendations vary based on age and other risk factors. Men who are considered high risk, which includes African American men and men who have a first-degree relative diagnosed with prostate cancer at an early age (younger than 65), should get screened for prostate cancer in their 40s. Normal risk level can begin at age 50.

At Henry Ford, we recommend you make an informed decision with your healthcare provider about whether or not screening for prostate cancer is right for you.

Visit HenryFord.com to learn more about prostate cancer screenings and treatment. To make an appointment with a Henry Ford urologist, call 1-800-HENRYFORD.

GETTING GUYS TO **SEE THE DOCTOR**

Most men know that visiting a doctor—at least once a year—is important to staying on top of their health. But too few actually make regular appointments. Whether they need an annual physical or are overdue for a critical screening, men often put their health on the back burner until they can't ignore it any longer.

Here are four simple strategies that men can use to stay in tip top shape.

1. **GET IN EARLY.** Starting in your 20s, schedule a visit with a primary care doctor at least once a year or more often if you have a family history of heart disease or cancer.
2. **GET NECESSARY SCREENINGS.** Your doctor will come up with a screening schedule that makes sense for your unique circumstances and family history.
3. **GET REAL WITH YOURSELF.** Many men ignore symptoms as long as they can. In nearly every case, the sooner you seek help, the better the outcome.
4. **REVIEW YOUR VACCINES.** Sometimes boosters are needed to keep vaccination effective – especially as you get older. Talk to your doctor to make sure you are up-to-date.

Visit HenryFord.com or call 1-800-HENRYFORD to request an appointment with a Henry Ford primary care doctor and get your annual wellness exam.



UROLOGY CLINIC OPENS AS PART OF MEDICAL MALL EXPANSION

A NEW UROLOGY CLINIC TO TREAT GENERAL UROLOGICAL NEEDS, MEN'S HEALTH AND UROLOGIC ONCOLOGY IS NOW OPEN AT HENRY FORD WYANDOTTE HOSPITAL, BRINGING EXPANDED, HIGH-QUALITY CARE CLOSER TO HOME FOR PATIENTS.

A team of urology experts led by Naveen Kachroo, M.D., Ph.D., director of endourology and chief of the Urology Clinic, and urologist Amit Patel, M.D., can diagnose and treat kidney stones and prostate enlargement, perform open and minimally invasive robotic surgeries of the kidney, bladder, adrenal gland and prostate, as well as treat advanced cancers.

The clinic completes the second phase of a \$3.2 million project to expand the hospital's medical mall for subspecialty areas that also include Heart & Vascular and Oncology.

"The expansion project means greater access to subspecialty services and a larger outpatient presence for those services for patients in the Downriver area," said Jennifer Eslinger, President of Henry Ford Wyandotte Hospital.

ONE-STOP ACCESS TO HIGH QUALITY CARE

The new Urology Clinic brings high-quality urological care closer to home with plans to add more urologists in the future. Catheter removals and treatment for patients with bladder cancer, prostate cancer and low testosterone are also offered on site.

"Having this clinic onsite now gives us the ability to offer outpatient therapies that we couldn't do at Henry Ford Wyandotte Hospital before," Dr. Kachroo added. "Diagnostic work that is traditionally done in an operating room now can be performed in an outpatient setting."

New procedure rooms enable physicians to provide the latest advances in prostate biopsies, vasectomies, transperineal biopsies, minor surgeries and cystoscopies – camera inspections of the bladder – in the clinic setting.

“We offer comprehensive urology services in the Wyandotte area and are happy to be able to serve our communities locally through the Henry Ford Medical Group,” added Dr. Patel. “As a robotics-trained surgeon offering advanced, minimally invasive surgery, I am happy that Downriver patients can now keep even the highest of specialty care close to home.

Having a team of specialized providers at the new clinic offer a personalized service to patients with access to one-stop care.

To make an appointment with a Henry Ford urologist at the new Wyandotte clinic, please call (734) 287-1350.



Cardiologist James Mohyi, M.D. (center) consults with nurse practitioner Bethany Dalessandro and Arfaat Khan, M.D., on a patient's case at the new Heart & Vascular Institute located inside Henry Ford Wyandotte Hospital.

MORE MEDICAL SPECIALTY SERVICES NOW AVAILABLE

Our medical mall area is also home to a new Heart & Vascular clinic that offers dedicated procedure rooms to treat conditions such as varicose veins. Other outpatient procedures, such as coronary angiogram, can now be performed in the new clinic. **Call (734) 324-3614 for more information.**

Additional specialty services are also available at Henry Ford Medical Center – Templin, located on Biddle Ave., just a half mile from the hospital. The center offers orthopedic care along with ear, nose and throat (ENT) and audiology services for adults and children. **Call (734) 671-6741 for more information.**



COMFORT FOOD GETS HEALTHY

AS THE WEATHER TURNS COLDER, CRAVINGS FOR WARM, GOOEY CONCOCTIONS CAN TAKE OVER. The good news is, satisfying your comfort food cravings doesn't have to derail a healthy diet. These five strategies can help you modify recipes into diet-friendly indulgences.

- 1. BREAK OUT THE CROCKPOT.** Many crockpot favorites, like pulled meat dishes, are calorie and fat-laden. Taking the extra step of browning meat ahead of time (and draining the fat) trims the calories and fat content and boosts flavor.
- 2. WHIP UP SOME HOMEMADE SOUP.** Turns out there actually is scientific backing that chicken soup can relieve cold/flu symptoms. Hot liquids, like tea or broth-based soups, help loosen mucus and keep your body hydrated. Chicken soup with vegetables may also have anti-inflammatory properties, and broth-based soup can be low in calories.
- 3. WARM UP WITH CHILI.** With meat, beans and cheese, chili is a classic comfort food. The signature ingredients in most chili recipes, including beans, tomatoes, onions and garlic, are surprisingly good for you.
- 4. GET CREATIVE WITH CASSEROLES.** Rather than resort to cream-soup based casseroles, lighten up your favorite recipes with smart substitutions. Slash the fat by substituting Greek yogurt for sour cream or mayo and try cutting the amount of butter, cheese and other extras in half.

- 5. CUT BACK ON CARBS.** Instead of overloading on calorie-heavy carbohydrates, use fiber-rich veggies to revamp comfort food classics. Use zucchini noodles instead of pasta, riced cauliflower in lieu of mashed potatoes, and replace potatoes with cannellini beans.

Making these smart swaps not only helps you cut back on fat and calories, it also gives you a chance to add immune-boosting nutrients to your meals that can help keep you healthy and strong through cold and flu season.

SLOW COOKER WHITE BEAN CHICKEN CHILI

Ingredients:

- 2 Tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 large sweet onions, peeled, diced
- 8 cloves garlic, peeled, minced
- 1 teaspoon oregano
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 1 cup fresh sliced mushrooms
- 48-ounce jar Great Northern beans, drained and rinsed
- 4 cups fat-free, low-sodium chicken broth
- 2 cans (4 ounces each) chopped green chilies
- 1 cup fresh cilantro, chopped

Directions:

In a 3 1/2-quart or larger slow cooker, place olive oil, cubed chicken, diced onions, minced garlic, oregano, coriander, cayenne pepper, cumin, mushrooms, beans, chicken broth and green chiles. Stir to combine. Cover and cook on low heat for 8 hours. Remove cover and add cilantro; stir to combine. Cover and cook for an additional 30 minutes.



Nutrition Information Per Serving: 284 Calories; 7 grams Fat; 1 gram Saturated Fat; 36 mg Cholesterol; 424 mg Sodium; 36 grams Carbohydrates; 13 grams Fiber; 20 grams Protein



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](https://www.henryford.com/MapleGroveCE) to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email llkaplan2@hfhs.org.**

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](https://www.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](https://www.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 the environment where they will welcome a new family member. While in-person tours are on hold due to COVID-19, we are currently offering virtual tour videos and photos to help familiarize you with our various Birthing Centers. **Visit [HenryFord.com/ChildbirthTours](https://www.henryford.com/ChildbirthTours) for a look at our rooms, amenities and more.**

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

BARIATRIC SURGERY SEMINARS

If you are committed to achieving long-term weight loss and improved health, our experienced surgeons and team of professionals are ready to support you every step of the way. Program includes consultations with dietitians, exercise experts, and behavioral health professionals to help you through this life-changing decision. **Visit [HenryFord.com/Bariatrics](https://www.henryford.com/Bariatrics) for more information and to register.**

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.

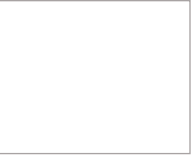
Lunch with the Detroit Symphony Orchestra

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](https://www.henryford.com/CancerSupport). Email cancersupportinfo@hfhs.org to get the login information for any of the groups.



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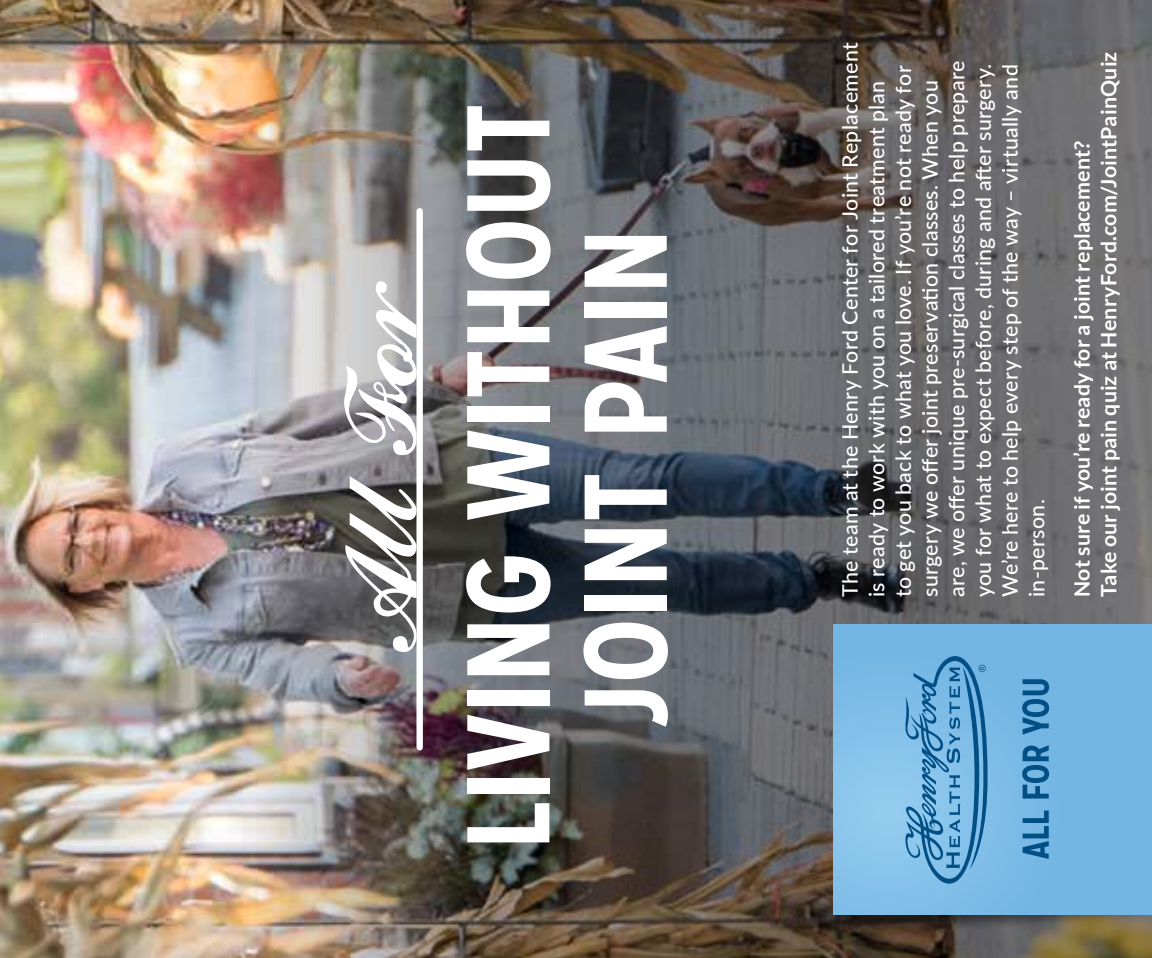
The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor.

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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-  facebook.com/HenryFordHealthSystem
-  twitter.com/HenryFordNews
-  youtube.com/HenryFordTV
-  instagram.com/HenryFordHealthSystem



All For **LIVING WITHOUT JOINT PAIN**

The team at the Henry Ford Center for Joint Replacement is ready to work with you on a tailored treatment plan to get you back to what you love. If you're not ready for surgery, we offer joint preservation classes. When you are, we offer unique pre-surgical classes to help prepare you for what to expect before, during and after surgery. We're here to help every step of the way – virtually and in-person.

Not sure if you're ready for a joint replacement? Take our joint pain quiz at HenryFord.com/JointPainQuiz



ALL FOR YOU