



**HENRY
FORD
HEALTH**SM

LiveWell

Summer 2022

henryford.com

Short takes

Welcome Shanna Johnson



Shanna Johnson

Henry Ford West Bloomfield Hospital is pleased to announce Shanna Johnson as our new President. Shanna joined Henry Ford in April and will lead the hospital in collaboration with the executive leadership team to oversee planning and operations. She is a seasoned executive leader with more than 15 years of experience within complex and matrixed organizations, including large integrated health systems, and community and academic organizations. Shanna's new role at Henry Ford Health serves as a bit of a homecoming for her, as she worked early on in her career at West Bloomfield Hospital.



Assess your heart risk

Caring for your heart is worth the effort. From prevention to diagnosis and care, the heart and vascular experts at Henry Ford Health are here to help you stay well. With our heart health risk assessment, in just five minutes you will find out the real age of your heart and discover your heart risk factors. **Take our interactive, online heart risk assessment today at HenryFord.com/HeartHealth to learn exactly what areas of your heart health need attention.**



Making the impossible possible takes patience

Thank you for choosing Henry Ford Health and trusting us with your health care needs. Our top priority is giving you the very best, safest and quickest care possible. As we face large numbers of patients in need of hospital care and longer than expected wait times, please know each of our team members is working to meet and exceed your expectations to get you placed in the best level of care based on your health needs. We appreciate the kindness and patience you show to us while we provide the very best care for you.





Skin cancer in unlikely places

When the weather warms up you start spending more time in the sun, making it even more important to stay mindful about your skin. You probably already check yourself for suspicious-looking moles that could be skin cancer. But you might not know that you can also get skin cancer in unassuming, concealed areas — even in places where the sun doesn't hit.

"Anywhere you have skin, you can get skin cancer," says Anna Axelson, M.D., a dermatologist at Henry Ford Health. "But the type of skin cancer you can get differs based upon where it is."



Anna Axelson, M.D.

"You're more likely to get basal and squamous cell carcinoma in sun-exposed areas like your arms, legs, back, shoulders and face," says Dr. Axelson. "But melanoma, the most aggressive and deadly form of skin cancer, can grow in areas of your skin that don't ever see the sun."

It's important to check every part of your body, even places like the palms of your hands, soles of your feet, buttocks and your groin area and genitals.

Signs that you may have skin cancer

How do you know if that mole might be skin cancer? For melanoma, dermatologists use the ABCDE's:

- Asymmetrical (one side is different)
- Borders are irregular
- Color variation (multiple colors in one mole or different from your other moles)
- Diameter larger than six millimeters
- Evolving or changing (changing colors, shape or size)

Basal and squamous cell carcinoma, however, often look like pink bumps that resemble acne, bug bites or sores, but they bleed spontaneously and don't heal.

So, how can you protect yourself from the sun?

1. Avoid spending a lot of time in the sun between the hours of 10 a.m. and 4 p.m.
2. Wear a wide-brimmed hat. Baseball hats don't cover your face, neck or ears well.
3. Wear sun-protective clothing. It will have a UPF (ultraviolet protection factor) label on it.
4. Wear at least SPF-30 on sun-exposed skin.

Practicing sun safety year-round is key to reducing your risk of skin cancer and an annual screening is your first line of defense. **Visit henryford.com to find a Henry Ford dermatology provider today.**



Captain experiences his own stroke emergency

As the Captain and EMS Coordinator for the West Bloomfield Fire Department, Gary, 55, is a trained paramedic who is used to conducting assessments for stroke. When he started experiencing an unusual symptom in the fall of 2021, he brushed it off.

"I had experienced some numbness in my leg on and off for about a month but didn't think anything of it," says the Lake Orion resident. "We tell people, 'if something doesn't feel right, it's probably not right, and you need to get it checked out.' Being in the medical profession, we don't always practice what we preach."

One strong risk factor in a stroke assessment is a family history of cardiovascular issues, but Gary didn't have a significant history. In addition, he wasn't experiencing most of the classic stroke symptoms, such as numbness in the face, confusion, trouble seeing in one

or both eyes, lack of coordination and severe headache.

"I'm also decently active," Gary says. "Every morning, I work out for 30 to 45 minutes. I wasn't sitting around all the time eating chips and watching TV."

All of this made it easier to ignore his occasional leg numbness by attributing it to other potential causes.

But on November 5, that all changed. Gary arrived at the West Bloomfield fire station that day, ready to tackle his morning exercises and some office work. The numbness was back, making his leg feel "rubbery." In addition, his back was now bothering him.

"I've had back problems for years, so when it happened, I thought it was just acting up again," Gary says.

A half hour later his symptoms had gotten worse, and he wasn't so sure.

"I asked one of my guys to come take my blood pressure, and it was high," he says. "I've never had high blood pressure, so this was a clear warning sign."

Gary was rushed by ambulance to Henry Ford West Bloomfield Hospital, where they evaluated him and broke the news: He was experiencing a stroke.

"I was shocked," Gary says. "I thought, 'Wait, this can't be stroke.' Working in this field, even when you see stuff like this every day, you don't think it can happen to you. It was a huge wakeup call."

Fast treatment and more findings

Given that delayed treatment can result in permanent disability or even death, Gary's team moved quickly to assess and treat his stroke. This often means administering tissue plasminogen activator (tPA) through an IV. When given quickly after stroke onset, tPA can help to restore blood flow to regions of the brain affected by the blockage. However, Gary's blood pressure was too high to receive tPA.

"They gave me some medication to bring my pressure down," Gary says. "By that point, most of my symptoms had resolved, so they didn't need to do the tPA or a procedure to remove the blockage."

While this was good news, Gary's treatment journey was just starting. And stroke wasn't the only concern anymore. They also discovered he was suffering from high blood pressure and Type 2 diabetes.

Gary's care team ran more tests during the five days he was in the hospital, including MRIs to help determine the location where his stroke had occurred. They also worked on getting his blood sugar to healthy levels. This included receiving insulin by IV, before being weaned off to an oral medication. In addition, he was placed on blood pressure medication as well as a low dose aspirin to help thin his blood and reduce the risk of experiencing another stroke.

Lifestyle changes and a new perspective

Gary's been home from the hospital for several months and has had two follow-up appointments with his Henry Ford neurologist, Hebah Hefzy, M.D.

"She wanted me to make several changes to my diet and lifestyle," Gary says. "I'm now on a low-carb diet, which seemed daunting at first, but my Henry Ford team did a great job of explaining it. I've also been working on my cholesterol. At my most recent appointment, Dr. Hefzy was pleased with the progress I've made, and I was able to avoid getting put on another medication."

Through all of these changes, Gary's family, including his wife, three grown children and three grandchildren, have been very supportive.

"They have been my biggest cheerleaders," Gary says. "And my wife has been making the same lifestyle changes with me, so that definitely helps."

Gary is also thankful for his Henry Ford West Bloomfield Hospital team.

"I've worked with them for years through my job, discussing patients and case reviews," he says. "It's very different being on the other side. This was the first time I experienced what they do all the way through a patient's stay, and everybody was amazing."

Gary has a new perspective and encourages everyone not to brush off any new symptoms.

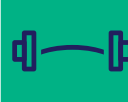
"Don't ignore things," he says. "You need to listen to your body and what it's telling you."

Spot a stroke F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



Face drooping



Arm weakness



Speech difficulty



Time to call 911

Lung cancer screening guidelines are changing – and they could be life saving



Lung cancer is the deadliest cancer in the world. This is because the majority of lung cancers are caught at late stages, when they are too advanced to treat effectively.



Michael Simoff, M.D.

“If you are diagnosed with stage four lung cancer, you have less than a 1% chance of surviving five years,” says Michael Simoff, M.D., a pulmonologist at Henry Ford Health. “But if you catch lung cancer early—with a screening — at stage one, your five-year survival rate is 90%.”

This is why the lung cancer screening guidelines are changing: not only does lung cancer screening work, but new, expanded guidelines will reach a broader, more inclusive population of patients.

“Historically, to qualify for a lung cancer screening, you had to be between ages 55 and 80, smoke a minimum of 30-pack-years, and if you quit, it had to be less than 15 years ago,” says Dr. Simoff. “But these guidelines leave out a large portion of high-risk patients.”

To qualify for lung cancer screenings — which consist of a yearly, low-dose CT scan — you can now be age 50 instead of 55 and smoke a 20-pack-year instead of a 30-pack-year. “Most people start smoking in their teens and early 20s, so even if you start smoking a pack a day at 20 years old, you’re already looking at being high-risk for lung cancer when you’re 40 years old,” says Dr. Simoff.

Studies show new guidelines are effective

Just last year, the U.S. Preventative Services Task Force reviewed ten years of data and found the updated lung cancer screening guidelines make a huge difference in early detection and survival. Along with the new screening guidelines, education, follow-up and smoking cessation are hugely important to increasing the lung cancer survival rate.

“We’ve incorporated education and smoking cessation into our care for all patients who get lung cancer screenings,” says Dr. Simoff. “If we can screen every patient who is at risk for lung cancer, and they keep coming back for follow-ups, we’ll catch lung cancer early and improve the survival rate dramatically. I’m talking cure. And you never talk about lung cancer and cure in the same sentence.”

What about marijuana and vaping?

As of now, the lung cancer screening criteria does not include guidelines for those who vape or smoke marijuana.

“Many people don’t think about lung cancer risks associated with marijuana or vaping, but that’s smoking, too,” says Dr. Simoff. “I’m sure we will find that vaping causes cancer, we just don’t have the studies yet. We need a few more years to collect the data.”

“There’s not a huge amount of science yet, but my rule of thumb is that if you smoke a joint a day, it’s equivalent to a pack of cigarettes,” he says. “Once we have the data, I’m sure lung cancer screening guidelines will eventually change.”

For people with a high risk of developing lung cancer, early detection can make a big difference. The experts at the Henry Ford Lung Cancer Screening clinic at Henry Ford Medical Center - Bloomfield Township can identify potential lung cancer as early as possible through routine screening.

Visit henryford.com/lungscreening to learn more and request an appointment or call 313.916.1275.



How to stay safe while mowing the lawn



Are you anxious to get your lawn ready for outdoor gatherings? Before you start mowing, make safety a top priority. Many push, self-propelled and riding mowers have built-in safety features. But serious injuries can still occur.

“Your lawnmower can be a dangerous machine if misused. And injuries can happen in an instant,” says Ryan Desgrande, PA-C, a physician assistant in orthopedic surgery at Henry Ford Health.

In 2019, more than 77,000 people in the U.S. went to emergency rooms with lawnmower injuries. And children are 6 times more likely than adults to be injured by lawnmowers.

Injuries vary in severity and can include, burns, broken bones, cuts or eye injuries from flying rocks or sticks and severed fingers, toes or limbs.

Take steps to ensure that you’re using your lawnmower safely to avoid injuries for yourself and others.

Lawnmower safety: Before you mow

- **Check all lawnmower parts.** Clean the lawnmower and ensure all components work properly.
- **Clear the yard.** Rocks and sticks can get caught in mower blades and cause eye injuries or cuts.
- **Dress for success.** Goggles or sunglasses protect your eyes from flying debris. Choose sturdy, nonskid, closed-toed shoes.
- **Safety mechanisms.** Ensure they are working correctly and never disable safety mechanisms.

Lawnmower safety: As you mow

- **Be aware of your surroundings.** Don’t talk on the phone or use headphones while mowing.
- **Keep young children and pets inside.** Do not let young children sit on your lap while using a riding mower.
- **Mow with caution.** Monitor your speed and mow in a forward direction. Mowing in reverse can cause the mower to suddenly tip. Be cautious when turning.
- **Supervise helpers.** The American Academy of Pediatrics recommends that children be at least 12 years old to use a push-behind mower and 16 years old to use a riding mower.

“Be cautious and mindful,” says Desgrange. “Teach your children about the importance of safety precautions when operating machinery or appliances at home.”

Convenient care options designed around your needs



It's best to see your primary care doctor when you're sick, but we understand that's not always possible. That's why we offer many convenient options when you need care that can't wait.

Same-day video visit on demand:

24/7 access to care with a Henry Ford primary care provider for ages 1 and older. Access this option via MyChart from wherever you are.

Same-day in-clinic appointments:

Our Henry Ford walk-in clinics are now called same-day care and offer same-day appointments Monday through Saturday with Henry Ford primary care providers if you have an illness or minor injury. You can still walk-in for care, but may wait longer to be seen than patients who have scheduled online. Schedule an appointment through MyChart or go to henryford.com/sameday.

Urgent care:

Henry Ford-GoHealth Urgent Care is available for all ages, 7 days/week, after hours and holidays, when you can't wait for a regular visit with your doctor and have an urgent concern. Urgent care service is available throughout southeast Michigan, including a new location in West Bloomfield Township on Orchard Lake Road. You can save your spot in line at henryford.com.

Emergency room:

Walk-in care, available 24/7 for all ages. It's important to remember that going to the emergency room when you don't have a life-threatening injury or illness often means long wait times and high copays. If it's not an emergency, schedule a same-day appointment with a Henry Ford primary care provider and enjoy lower copays. If you're experiencing a life-threatening condition, **call 911 right away.**

Learn more about all our same-day care options by visiting henryford.com/sameday.

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? Call 248.788.3005 or 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, a Kids Art Club and a new Free Art Friday program — designed to promote self-care and art appreciation through a found art object. **Visit henryford.com/visitors/caregivers for more information.** Registration is required for all classes with the exception of Free Art Friday. **Call 866.574.7530 or email caregiverresources@hfhs.org for questions.** Classes are sponsored by Henry Ford Health 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, Families Against Narcotics offers free, online 90-minute 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 familiesagainstanarcotics.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 248.325.0037 or email sarah.lavery@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.

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 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 Detroit Opera

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of Detroit Opera (formally Michigan Opera Theatre).

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.