

# LIVEWELL

Fall 2020



**DOWNRIVER LOCATIONS AND SERVICES**



Jennifer Eslinger

Dear Neighbor,

Navigating a global pandemic was not how any of us expected to be spending the past few months. I want to thank you for placing your trust — and your health — in our hands. We are privileged to serve you.

Even as we remain diligent in providing safe care in the age of COVID-19, our Henry Ford Wyandotte Hospital team is looking to the future. And it's an exciting one. We're adding services to make it easier for our Downriver community members to get the care they need. That means physically expanding some locations and increasing services at others, such as our Brownstown Health Center. We are welcoming new physicians with a variety of expertise not available in this area before.

I invite you to learn more about these changes that are meant to move all of us toward our goal of a healthier community. Thank you for taking this journey with us!

Yours in good health,

Jennifer Eslinger, MBA, FACHE  
President  
Henry Ford Wyandotte Hospital

## GET CONNECTED

HENRY FORD HEALTH SYSTEM OFFERS SEVERAL WAYS TO GET CONNECTED WITH APPOINTMENTS DESIGNED TO FIT YOUR NEEDS.

- **CALL TO SCHEDULE AN APPOINTMENT.** Call 1-800-HENRYFORD to find a provider and schedule an in-person appointment at a Henry Ford location near you.
- **REQUEST AN APPOINTMENT ONLINE.** Visit [HenryFord.com/FindaDoc](https://HenryFord.com/FindaDoc) to find a provider. You can click to request an appointment through your selected provider's page.
- **VIRTUAL APPOINTMENTS.** Use a video visit on-demand to address immediate care needs, or a scheduled video visit for routine follow up care with a primary care or specialist provider. You will need to sign in to MyChart to get started.
- **HENRY FORD MYCHART.** Manage all your health care needs through MyChart. Schedule an appointment, consult with your doctor, get test results, and more.
- **CONNECT VIA SOCIAL MEDIA, INCLUDING FACEBOOK, TWITTER AND YOUTUBE.**
- **SIGN UP FOR OUR MONTHLY E-NEWSLETTER.**

*Visit [HenryFord.com/Downriver](https://HenryFord.com/Downriver) for more information and to get connected with Henry Ford.*

# YOUR SAFETY COMES FIRST

**HENRY FORD WYANDOTTE HOSPITAL HAS TAKEN EVERY PRECAUTION TO KEEP PATIENTS AND STAFF SAFE DURING THE CURRENT PANDEMIC.** Fadi Baidoun, M.D., general surgeon and chief of trauma services at Henry Ford Wyandotte Hospital, has been performing emergency surgeries throughout the pandemic and is now relieved that patients whose operations had to be delayed can now come in for care.



Fadi Baidoun, M.D.  
Henry Ford  
Wyandotte Hospital

“I tell my patients that it is absolutely safe,” he said. “We test every patient for COVID-19 before their procedure and we give them very specific instructions on what to expect because things have changed from the days before COVID.”

## WHAT TO EXPECT ON ARRIVAL

- Everyone who enters a facility, including staff, has their temperature taken and is checked for symptoms of COVID-19. Entrances are limited but are clearly marked.
- Masks are required for everyone who enters the building. Those who don't have a mask, will be provided with one.
- New signs guide patients through the care environment. Dividers may also be used to keep everyone at a safe distance, and fewer people will be allowed in our buildings at one time.

## CLEANING PROCESSES

- All surfaces are thoroughly disinfected with medical-grade cleaning agents. From doorknobs to faucets, light switches to bed controls, each touchpoint is addressed regularly to ensure your safety.
- To further sanitize inpatient rooms at the hospital when needed, a robot bathes the entire space in ultraviolet (UV) light, destroying any virus or bacteria that may still be in the room.

## KEEPING STAFF AND PATIENTS SAFE

- All employees wear masks and may also wear face shields and other protective gear, as needed. Henry Ford is well-stocked with all forms of personal protective equipment (PPE).
- Henry Ford providers carefully wash their hands each time they interact with a new patient. Hand sanitizer stations are conveniently placed throughout every care facility for all to use.
- Caregivers have their temperature taken and are screened daily for symptoms to ensure they are healthy. Anyone with signs of illness are sent home.

*Find out how we are keeping patients safe: [HenryFord.com/Downriver](https://www.henryford.com/Downriver).*



## ROBOT ASSISTED UROLOGY SURGERY NOW AVAILABLE

CELIA BORYSKI OF ALLEN PARK WAS PUZZLED BY THE VAGUE, WORSENING SYMPTOMS SHE WAS FEELING.

"I'd had a few urinary tract infections here and there," she said. "I was having some pain. But what was really bothering me was when I tried to take walks, I'd get light-headed. It was affecting my life and the things I wanted to do."

She decided to see urologist Mohammed Al-Ansari, M.D. and received some surprising news. Dr. Al-Ansari quickly discovered that Celia's left kidney was not working properly, causing the array of issues she reported.

"They told me it might have been something I was born with," she said. "When they told me my kidney had to be removed I started to cry. I was scared."

Dr. Al-Ansari thought Celia, 65, would be a candidate for robot-assisted surgery to remove the kidney and referred her to Craig Rogers, M.D., chair of the Urology Department for the Henry Ford Medical Group.

Dr. Rogers and the entire team put Celia at ease.

"I'm thoroughly happy," she said. "Dr. Rogers spent time with me. He explained everything to me. I was ready."

On May 11, Celia was the first patient to have a robot-assisted kidney surgery at Henry Ford Wyandotte Hospital. It's a new level of care available to patients without leaving the Downriver community.

## LESS PAIN, FASTER RECOVERY

Traditional or “open” kidney surgery means the surgeon creates a large incision and may even need to remove a rib to access the kidney. Both of these can be very painful. With robotic kidney surgery, tiny instruments and a camera are inserted through keyhole incisions. Other benefits include:

- Smaller incisions, less scarring and faster healing
- Decreased risk of injury to the bowel or other nearby organs
- Faster return of bowel function after surgery
- Fewer complications
- Less blood loss
- Less pain and reduced need for pain medication
- Quicker return to normal activity and work
- Shorter hospital stay

New, robotic-assisted urology procedures include not only kidney surgery, but prostate surgery and advanced, endoscopic procedures to eradicate kidney stones. Robot-assisted thoracic and general gynecology procedures are already routinely performed at Henry Ford Wyandotte.

For Celia, the procedure meant beginning to go for those walks with her husband, Don, once again. In fact, they were strolling in the summer sun less than a month after her operation. The goal is to double her pre-surgery distance.

She is beginning to reach for the goal she was striving for when this all began by eating better and becoming more active.

“I wanted to take better care of myself – and now I can.”

*Visit [HenryFord.com/Downriver](https://www.henryford.com/Downriver) to learn more about urology services at Henry Ford.*



The urology surgical team shares a thumbs up after Celia’s surgery, the first robotic kidney surgery at Henry Ford Wyandotte Hospital.



New heart  
catheterization  
lab at  
Henry Ford  
Wyandotte  
Hospital

## EXPERT HEART CARE CLOSE TO HOME

YOUR HEART IS RESPONSIBLE FOR MANY FUNCTIONS IN YOUR BODY, SO IT'S IMPORTANT TO PAY CLOSE ATTENTION TO YOUR HEART HEALTH.

Whether you have a family history of heart disease or you're just starting to feel symptoms — like shortness of breath or dizziness — the heart specialists on staff at Henry Ford Wyandotte Hospital can help.

"We see a variety of patients," says Christian Fisher, RN, BSN, MBA, nurse administrator for Henry Ford Wyandotte and Henry Ford Health Center - Brownstown. "Some are referred by primary care doctors because they are having symptoms related to heart disease, and others are healthy people who want to lower their risk of developing problems later."

### CONVENIENT TESTING OPTIONS, ADVANCED TREATMENT

Depending on your provider, you can choose between an in-person appointment or a virtual visit. Non-invasive tests such as EKGs, stress tests and vascular ultrasounds can be done at either Henry Ford Wyandotte Hospital or at Henry Ford Health Center - Brownstown. Some tests can be done on the same day as your appointment, so you can get results quickly and begin a plan of care, if needed.

For patients with more critical heart needs, and those with chronic heart conditions that may require an inpatient stay, the hospital has intensive critical care and progressive critical care units. For those who have had a heart attack, heart surgery or a condition like stable angina or heart failure, there's also

a cardiac rehabilitation program. With safe distancing measures in place, recovering patients can have a more individualized approach to improving or regaining their heart health.

Another benefit to Downriver heart patients comes in the form of new technology.

“We do a range of advanced procedures in our state-of-the-art cardiac cath lab,” Christian points out. “It’s a minimally invasive way to diagnose and treat certain types of heart issues.”

In addition, Henry Ford Wyandotte Hospital was just awarded with an accreditation for a non-surgical technique for treating coronary artery disease (PCI), from Corazon, Inc., a national leader in services for the cardiovascular specialty.



### QUICK ACCESS TO SAFE CARE

Part of Christian’s job is ensuring that patients get access to the care they need in a safe environment.

“We’re limiting the amount of people in waiting rooms, restricting visitors, and enhancing cleaning procedures, along with having multiple hand-sanitizing and mask stations available,” says Christian.

Henry Ford Wyandotte Hospital is also an emergency treatment center for patients suffering from heart attacks. It’s important that patients do not delay care during this pandemic. If you have any symptoms of a heart attack, you should go to the nearest Henry Ford emergency room or call 911.

“We’re open, we’re safe, and we have a team of experts dedicated to getting the best results for heart patients in the Downriver community,” says Christian.

*Visit [HenryFord.com/Downriver](https://www.henryford.com/Downriver) to learn more about the advanced heart treatments and services available at Henry Ford Wyandotte Hospital and Henry Ford Health Center - Brownstown.*

## HEART HEALTH RISK ASSESSMENT

Know your heart risk in just 5 minutes. Take our online heart health risk assessment today and get a personalized risk report that could help you live healthier longer.

**Visit [HenryFord.com/HeartHealth](https://www.henryford.com/HeartHealth).**



# NEW SERVICES AND SPECIALTIES ENHANCE HEALTHCARE DOWNRIVER

THE DOWNRIVER COMMUNITY NOW HAS ACCESS TO A RANGE OF NEW, ENHANCED, MORE CUSTOMIZED HEALTH SERVICES SHAPED AROUND LOCAL DEMAND AND THE HEALTH NEEDS OF THE COMMUNITY.

New services and physicians begin this month and include:

- Additional family medicine options at Henry Ford Medical Center – Taylor and Henry Ford Wyandotte – Templin
- A walk-in clinic at Henry Ford Medical Center – Woodhaven
- Expanded ear, nose and throat practice to now include four physicians at Henry Ford Wyandotte Hospital and Henry Ford Health Center – Brownstown and Henry Ford Wyandotte - Templin
- Additional urologists, urological services, including a robotic surgery program and new urology clinic at Henry Ford Wyandotte Hospital.
- Cardiology and vascular services are now expanded at Henry Ford Health Center – Brownstown
- Cosmetic /plastic surgeon at Henry Ford Wyandotte Hospital
- Coming Soon: Advanced gastroenterology and interventional cardiology services at Henry Ford Wyandotte Hospital

“We hope this expansion of doctors and services makes it more convenient for the community we serve to receive high-quality care that will lead to better overall health,” said Jennifer Eslinger, MSA, FACHE, president of Henry Ford Wyandotte Hospital.

The number of changes coming to Downriver reflects the needs of the people who live and work in and around Wyandotte, Southgate, Taylor, Brownstown, Woodhaven and the surrounding areas.

“It’s an exciting time for our 105-year-old health system as it grows and changes and increases access to our integrated, award-winning model of healthcare,” said Jennifer. “Bringing enhanced care to more communities, patients and their families while also sparking development, construction, jobs and economic benefits to these communities makes it doubly-exciting.”

*To learn more about Downriver care, visit [HenryFord.com/Downriver](https://HenryFord.com/Downriver)*

# HENRY FORD DOWNRIVER LOCATIONS



**H** **Henry Ford Wyandotte Hospital**  
 2333 Biddle Ave., Wyandotte  
 (734) 246-6000

- Certified heart and stroke center
- Level 3 trauma center
- Labor and delivery
- Access to all the services available at the world-renowned Henry Ford Hospital

**+** **Henry Ford Health Center - Brownstown**  
 23050 West Rd., Brownstown  
 (734) 287-9880

- 24/7 Full service emergency room
- Ambulatory surgical center
- Access to all the services available at world-renowned Henry Ford Hospital.

**\*** **Henry Ford Medical Center - Woodhaven**  
 22505 Allen Rd., Woodhaven  
 (734) 671-6217  
 (855) 805-5385 Walk-in Clinic  
 Monday - Friday  
 8 a.m. to 8 p.m.  
 Weekends and Holidays  
 8 a.m. to 4 p.m.  
 Visit [HenryFord.com/UrgentCare](http://HenryFord.com/UrgentCare) to reserve your place in line.

**1** **Henry Ford Wyandotte - Templin**  
 2070 Biddle Ave., Wyandotte  
 (734) 282-2020

- Family medicine
- Orthopedics
- ENT

**2** **Henry Ford Family Medicine - Allen Park**  
 7226 Allen Rd., Allen Park  
 (313) 383-5530

- Family medicine
- Lab services

**3** **Henry Ford Medical Center - Taylor**  
 24555 Haig St., Taylor  
 (313) 375-2000

- Internal medicine
- Primary care
- Neurology
- Pediatrics
- Imaging and radiology
- Pharmacy
- Lab services

Know where to go in an emergency. Visit [HenryFord.com/Emergency](http://HenryFord.com/Emergency) and download the "Get Care Now" app to help you find the ER closest to you.

# WELCOME NEW PHYSICIANS

## HEART AND VASCULAR:

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**Wael H. Dabaja, D.O. - Interventional Cardiology**

Henry Ford Health Center – Brownstown  
Henry Ford Wyandotte Hospital



**Farah Mohammad, M.D. - Vascular Surgery**

Henry Ford Wyandotte Hospital



**Andi Peshkepija, M.D. - Vascular Surgery**

Henry Ford Wyandotte Hospital

## OTOLARYNGOLOGY/EAR, NOSE AND THROAT:

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**Shivangi Lohia, M.D. - Head and Neck Cancer**

Henry Ford Health Center – Brownstown  
Henry Ford Wyandotte – Templin Building



**Joshua Romero, M.D. - General ENT/Pediatric Care**

Henry Ford Health Center - Brownstown  
Henry Ford Wyandotte – Templin Building

## UROLOGY:

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**Naveen Kachroo, M.D. - Director of Endourology and Chief of the Urology Clinic**

Specializing in kidney stones.  
Henry Ford Wyandotte Hospital

## PLASTIC SURGERY:

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**Rachel Hooper, M.D. - Plastic Surgery/Hand**

Henry Ford Wyandotte Hospital

*Visit [HenryFord.com/Downriver](https://www.henryford.com/Downriver) for more information and to schedule an appointment with one of our newest physicians.*

# 5 WAYS TO WALK YOUR WAY TO BETTER HEALTH

**THINK WALKING DOESN'T PACK AS MUCH OF A PUNCH AS OTHER WORKOUTS?** Think again. A Harvard University study found that 2.5 hours of brisk walking each week could extend your life by up to seven years.

Here are just a few of the standout benefits your body enjoys by walking.

- Reduces your risk of many cancers, coronary heart disease and osteoporosis
- Improves your blood pressure and cholesterol
- Raises your metabolism
- Elevates mood and promotes more restful sleep
- Helps increase your energy levels, flexibility and posture
- Slows aging by improving your brain function

## ADVICE FOR A WALKING WORKOUT

Are you convinced to get out there and walk yet? Before you lace up your shoes, here are some tips to help you prevent injury and maximize your workout:

1. **DON'T SKIP THE WARM UP.** Include five minutes of warm up before you begin.
2. **TRAINING IS KEY.** You need to help your body build up to any activity.
3. **WEAR THE RIGHT SHOES TO HELP WITH ANKLE SUPPORT AND BALANCE.**
4. **BRING SOME WEIGHTS ALONG.** Add a few pounds to help improve your strength.
5. **CHANGE IT UP.** Vary your speed or distance every few weeks.

Now that you have the motivation and know the proper mechanics, before you know it you'll be walking your way to a more fit, healthier you.

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### MANGO BANANA ICE CREAM (2 servings)

2 sliced bananas, frozen

1 tablespoon nonfat plain Greek yogurt

½ cup frozen mango chunks

In a food processor, combine banana and mango and process until creamy. Add the yogurt and process for another 30 seconds. Serve immediately or for a firmer ice cream, store in the freezer in an air tight container for at least 1 hour.



**NUTRITIONAL INFORMATION PER SERVING:** 139 calories; <1 gram fat; 0 gram saturated fat; 0 mg cholesterol; 11 mg sodium; 35 grams carbohydrates; 4 grams fiber; 2 grams protein

*All For*

# PROVIDING EXPERT EMERGENCY CARE

In an emergency, every minute matters. Be prepared and know where to go. With convenient locations throughout southeastern Michigan, we're ready to provide the care you need in a comfortable and safe environment. Our experienced staff of board-certified doctors and nurses are equipped to treat critical illness and injuries. When it's an emergency, count on us. Safe, efficient care—all for you.  
[HenryFord.com/Downriver](https://www.HenryFord.com/Downriver)



**ALL FOR YOU**



**HENRY FORD  
WYANDOTTE HOSPITAL**  
2333 Biddle Ave.  
Wyandotte, MI 48192

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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.

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