

NEW 3-D BREAST TEST MAY CATCH MORE CANCERS

It's a proven fact: mammography saves lives. But it's not foolproof. It can miss cancer, especially in women with mixed-density or dense breasts, which contain more glands, ducts, and connective tissue than fat. Density makes it harder to detect suspicious lumps on a mammogram. That's because glandular tissue appears white on a mammogram, just like a mass can.

Fortunately, Henry Ford Health System now offers tomosynthesis, the latest in breast cancer detection that can give you a clearer picture of your breast health. "Tomosynthesis is the greatest innovation in breast imaging in 10 years," says Patricia A. Miller, M.D., FACR, Director of the Division of Breast Imaging in the Department of Radiology at Henry Ford.

WHAT IS TOMOSYNTHESIS?

Tomosynthesis is a digital mammogram that uses X-rays to take nine images of the breast in thin sections. "The resulting three-dimensional image allows radiologists to more easily distinguish a mass from overlapping structures that can hide or mimic cancer," Dr. Miller says.

Tomosynthesis increases breast cancer detection. Three more women per thousand will receive a cancer diagnosis because of it, compared with a standard, digital mammogram, which is significant.

MAKE TIME FOR A MAMMOGRAM

The American Cancer Society recommends that women ages 40 and older receive a yearly mammogram. To schedule this lifesaving screening, please call 1-800-HENRYFORD.

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It can also decrease false positives. "Women with dense or mixed-density breasts who undergo tomosynthesis are less likely to be called back for additional imaging," Dr. Miller says. Tomosynthesis can be used for screening and diagnostic mammograms. A screening mammogram usually takes just 15 to 30 minutes.

CONVENIENT, COMPREHENSIVE CARE

Henry Ford offers a multidisciplinary breast cancer detection and treatment team of providers, including pathologists, breast surgeons, medical and radiation oncologists, nurse navigators, social workers,

and occupational therapists. These experts work closely to offer high-quality, coordinated care. "We pride ourselves on providing appropriate care to ensure good outcomes and helping patients navigate through the system," Dr. Miller says.

Tomosynthesis is available at our West Bloomfield and Macomb hospitals and our Brownstown, Dearborn-Fairlane, and New Center One Detroit medical centers. "We offer more tomosynthesis units than any other health system in southeastern Michigan," Dr. Miller says. Tomosynthesis is covered by Medicare and most health insurance plans, but check your policy to be sure.

For your convenience, Henry Ford offers both two-dimensional digital screening mammograms and tomosynthesis mammograms seven days per week across the system.

Same-day results are usually available. Results are sent to the Henry Ford MyChart electronic medical record system, which can be accessed online, so you can see your results quickly.



BRAND-NEW SOUTHFIELD SUPER VISION CENTER NOW OPEN



The shelves are lined. The doors are open. The staff is ready to serve you. Step inside the new Henry Ford OptimEyes (HFO) Southfield Super Vision Center, a haven for high-quality eye care and eyewear. Consider visiting Southfield for all your vision needs, such as eye exams.

“Everyone needs a comprehensive eye exam,” says Dr. Andrew Bolles, Director of Clinical Services at the Southfield location. Whether or not you wear eyeglasses or contacts, it’s important to get your eyes checked yearly, especially if you’re older than age 60, when age-related eye diseases such as cataracts and glaucoma can arise.

Eye care is key for kids, too. “About 70% of learning is visual, so we want to make sure kids and teens can see everything they need to in school,” Dr. Bolles says.

BIGGER, BETTER

The full-service Super Vision Center, at more than 17,000 square feet, features 22 exam rooms and several eye care professionals, including ophthalmologists and four optometrists, one of whom is a pediatric optometrist.

“We’re equipped to manage the gamut of primary care — from routine eye exams to testing and managing any eye disease, such as diabetic retinopathy or glaucoma,” Dr. Bolles says. “We can get you in the same day for an appointment, if necessary, and get test results the same day.”

FRAMES FOR ALL BUDGETS

If you’ve got your eye on a new pair of glasses, you’ll have over 2,500 frames to choose from at Southfield, including designer lines such as Tom Ford and Jimmy Choo. “We have frames for every budget, with

frames starting at \$49,” says Tara Scott, the Southfield General Manager. “We’re your one-stop shop for all things eye-related.”

FOCUSING ON CONVENIENCE AND SAFETY

To accommodate your busy schedule, the new Southfield location is open seven days a week — 8 a.m. to 9 p.m. Monday through Friday, 8 a.m. to 6 p.m. Saturday, and 11 a.m. to 5 p.m. Sunday.

If you were a patient at the Southfield or Detroit Northwest Medical Center offices, your medical records have been transferred to the new facility. Even parking is a breeze — the large lot offers numerous spots and improved lighting so that patients with low vision are better able to navigate the space.



STOP BY SOUTHFIELD AND GET A FREE GIFT WITH EYE EXAM

Whether you’re seeking a fresh pair of glasses, a contact lens fitting, or a comprehensive eye exam, Southfield has it all. Visit us at 29350 Southfield Road or call (248) 647-9790 to schedule an appointment.

HFO MAKES *Selecting Sunglasses an Adventure*

Picking just the right sunglasses is a trip! Come see for yourself.

Saturdays and Sundays in mid-November, Carrera Eyewear is hosting special adventure events at two locations: Henry Ford OptimEyes (HFO) Troy Super Vision Center and the Southfield Super Vision Center.

HOW 'OUT THERE' ARE YOU?

Live life to the fullest, step outside your comfort zone, be authentic to yourself – these are the tenets of Carrera's "Out There" campaign. While viewing breathtaking footage from around the globe, gauge how "out there" you are with a short, five-question quiz at the HFO events.

Depending on your answers, a trained Carrera brand ambassador will recommend the sunglass styles that are right for you. He or she will also provide product expertise and help match sunglasses to your face shape.

PROTECTION YOU NEED, SPECS YOU WANT

Carrera offers polarized lenses to help protect your eyes from the sun's damaging ultraviolet rays, which are present year-round and can contribute to diseases such as cataracts and macular degeneration. The brand also offers optical frames for men and women.



ADVENTURE AWAITS!

Saturday, November 14, and Sunday, November 15,
8 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m.
Sunday at Troy Super Vision Center,
735 John R Road
Saturday, November 21, and Sunday, November 22,
8 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m.
Sunday at Southfield Super Vision Center,
29350 Southfield Road



MADE TO TAKE HER PLACES

Nine West is synonymous with sexy and sophisticated footwear and accessories. That same city-chic style makes Nine West Eyewear ideal for the modern woman, whether she's dressing for success for a day at the office or dressing to impress for an evening on the town.

Nine West frames are crafted from handmade acetates and metals that complement every face shape and skin tone. Pick from an assortment of stunning shades, from colorful tortois to translucent crystal hues. For a touch of attitude, choose animal print accents, Swarovski crystals, or metal studs.

Our Petite Optical Collection, debuting this fall, offers the same Nine West styles perfectly proportioned for the fashionista with smaller facial features.

NINE WEST

E Y E W E A R

Give yourself
the gift of
fashion. See
page 11 for
coupons.

EXPLORE MORE WITH COLUMBIA SUNGLASSES

Whether you're sliding down a ski slope or scaling steep hills, you know that the best sunglasses serve double-duty. They protect you from the elements while enhancing your performance — perfectly combining function, fit, style, and comfort.

All Columbia sunglasses come with Eliminator polarized lenses, which provide outstanding protection against reflected glare. Our injection molded plastic frames are tough and durable — built to withstand extreme temperatures — yet still lightweight for better comfort. Columbia also has a wide selection of metal frames, crafted from wearable and enduring carbon fiber and stainless steel — making them the perfect go-to glasses for those who play sports.

High-performance Columbia sunglasses also team up with high fashion. Look for trendy aviator styles and hip, vintage square frames that afford top-to-bottom coverage. Sport wrap styles provide extra peripheral sun protection and stay securely in place. Rubberized temples, tips, and nose pads ensure that these airy frames hold tight during all types of activity.



Columbia sunglasses are available in striped tortoisés, matte finishes in black and brown, and interesting graphites and grays. So what are you waiting for? Your next great adventure is calling.

FOR SPECTACULAR SAVINGS ON EYEWEAR, FLIP TO PAGE 11.

 **Columbia**



The Facts on Floaters

As you get older, you may notice grayish wisps — known as floaters — drifting across your field of vision.

THE ORIGIN OF FLOATERS

Floaters are tiny condensations of the vitreous humor, the clear, jellylike fluid that comprises your eyeball. Floaters occur when the vitreous humor peels off and detaches from the retina, the layer of specialized cells at the back of your eye that's responsible for vision. If you notice floaters, don't panic —

they are a normal part of aging.

“One hundred percent of people will get floaters as they age,” says Nitin Kumar, M.D., Senior Staff Ophthalmologist and a Vitreoretinal Surgeon at Henry Ford Health System. But if you're extremely nearsighted, you may start to see floaters at an earlier age.

WHEN TO SEE A DOCTOR

Floaters typically don't require treatment. But a sudden increase of floaters, especially when accompanied by flashes of light, may signal a retinal problem, such as a retinal tear or detachment. Retinal detachment can cause blindness. If you have these symptoms, seek a retinal exam.

Fortunately, retinal problems are treatable. “We can use a laser outpatient procedure to repair a retinal tear and prevent retinal detachment,” Dr. Kumar says.

Mending a retinal detachment, on the other hand, requires a trip to the operating room. In most cases, the retina can be reattached with one surgery. Still, for the sharpest vision and to reduce the potential for vision loss, “it's better to catch a retinal tear before it becomes a detachment,” Dr. Kumar says.

WE'RE HERE FOR YOU

Whatever eye problems you experience, Henry Ford ophthalmologists are at the ready to diagnose and treat a range of conditions. To schedule an appointment, call 1-800-363-7575 or visit henryford.com/eyes.