

Bowel diseases affect 2 million

By Shirlee Iden
staff writer

Jeff's Shulak's "closest disease" almost kept him from studying for his chosen profession.

But the Southfield youth, now 22, was stubborn. First, he was determined there was no reason for his inflammatory bowel disease (colitis in his case) to remain in the closet or for him not to go to medical school.

At age 16, Shulak had an ileostomy to remove his colon. An opening was made in his groin and an appliance fitted to catch intestinal waste.

A University of Michigan freshman then, Jeff is a medical student today with intentions of specializing in gastroenterology someday.

For Shulak, the surgeon meant freedom. That is, freedom from a plethora of medications he had been treated with for four years, freedom from pain and from the indignity of racing to the bathroom more than 20 times in a day.

"Maybe there's a stigma attached to having had colitis," Shulak told the Eclectic at the time of his surgery, but there are a lot of people with bowel disease and it's good for people to know about it."



"Can you imagine the effect of such a chronic disease on a teen-ager just going into puberty?"
—Dr. William Michener

EDUCATION about inflammatory bowel diseases is needed among physicians as well as the general public, Michener contends.

"People don't know much about these ailments. We're especially trying to educate physicians because a delay in diagnosis can be very detrimental to the patients."

He explained that because tests and X-rays are necessary, doctors hesitate to order them on young children until symptoms are very severe.

"Years ago doctors thought everyone with bowel disease had 'nervous colitis' and it was emotionally based," Michener said. "But we know it is not related to emotions any more than any other chronic disease. It is difficult to diagnosis because half those afflicted don't have diarrhea at first, though they may have rashes, kidney stones or other problems."

The youngest child Michener ever treated for inflammatory bowel disease was 18 months old. He says any child "not growing normally or falling off" should have a thorough exam.

THE MICHIGAN chapter of the foundation was formed in 1975 after a two-year effort. Esther Litwazer and Carol Roberts of West Bloomfield and Ariens Salter of Livonia are all chapter members. Each has children afflicted with bowel disease.

Funds raised by the chapter and the foundation are mainly directed to research. Michener emphasized that funds are frequently returned to the communities and local researchers.

Mrs. Roberts, currently head of the state chapter, said four open meetings a year are designed to offer information to anyone interested. And 50 percent of funds raised by the chapter as well as the national foundation go for research.

"In addition, anyone can call our office in Southfield (at 424-8656) for information and we will send them materials," she said. "We need to educate people, yet inflammatory bowel disease is not glamorous or dramatic."

"Who wants to talk about how many bowel movements they have?"

DR. WILLIAM MICHENER agrees that people should know about inflammatory bowel disease. The pediatric and adolescent gastroenterologist, who is also director of education at the Cleveland Clinic said that diseases of the gastrointestinal tract are on the increase.

"I would estimate that some 2 million Americans are afflicted," he says. "And 25 percent of those are under 20 years of age."

Michener was in Southfield as the guest of the Michigan Chapter of the National Foundation for Ileitis and Colitis. On Wednesday evening, he addressed a large audience at Providence Hospital.

The doctor's talk was an attempt to answer the most commonly asked questions about inflammatory bowel disease.

Born in Springfield, Ill., Michener graduated from Dartmouth College

and Tufts Medical School. He trained in pediatrics at the Mayo Clinic in Rochester, Minn., where he became interested in gastroenterology and has been with the Cleveland Clinic more than 15 years.

The two principal conditions referred to as inflammatory bowel disease are ulcerative colitis and Crohn's Disease.

"WE DON'T know the causes, but we can treat them," the doctor contends. "There's a significant family tendency with 35 percent of patients having a relative with a similar history."

"It's never fatal but complications can cause fatalities," he says. "It's not killing but chronic and insidious. Can you imagine the effect of such a chronic disease on a teenager just going into puberty?"

Side effects of inflammatory bowel disease are stunted growth and slowing

of sexual maturation.

Michener said the diseases have a profound effect on patients and on entire families. "The patient can end up with malnutrition, which is another serious complication," he says.

Fundamentally, the National Foundation for Ileitis and Colitis exists to fund and encourage research and to educate the public.

Research today focuses on looking for genetic or inherited aspects of bowel disease and also for a cause, possibly a virus.

"But there's no conclusive result as yet," Michener says.

Treatment for the afflicted begins with medical approaches, but surgery is often the next step, as with Shulak.

"In ulcerative colitis, surgery is required in about 40 percent of cases while in Crohn's Disease the percentage is higher — about 60-70 percent," Michener says.

Arthritis Foundation plans May exposition

"Arthritis Expo '81" will take place May 2-3 at the Michigan Inn in Southfield. The event is free and open to the public.

Purpose of the exposition is to educate the public concerning arthritis, which affects people of all ages. Arthritis sufferers are bled out of more than \$550 million annually on useless quackery, said Margo Ott of the Arthritis Foundation, Michigan Chapter.

"This important public education program will help us make the public aware of all aspects of care, management and mistreatment of this major health problem," she said.

The Michigan Inn is a barrier-free facility.

The exposition will feature educational exhibits, continual showings of educational films and slides and continuous lectures by physicians and other health professionals.

Additional features will include exhibits on rehabilitation aids to daily living, community resources for arthritis sufferers and environmental access.

Arthritis has been called "everybody's disease" since it affects every one in some way, directly or indirectly. Actually, arthritis is many diseases, some mild, some severe.

It can and does occur at every age from infancy on, and almost everyone, if he lives long enough, will develop some arthritis.

Ninety-seven percent of people over 60 have enough arthritis to show up on an X-ray film.

Thirty-one million people have arthritis severe enough to require medical care. Each year, another million people are diagnosed as suffering from arthritis. Rheumatoid arthritis is the most serious because it can destroy joints and carries the risk of crippling.

Arthritis is the nation's number one crippling disease. The annual cost to

the economy in lost wages and medical bills is \$1 billion.

For more information about the exposition, call the Arthritis Foundation office at 561-9096.

Sprouting

A 10-page brochure on sprouting may be obtained by sending a self-addressed envelope with three first-class postage stamps and 30 cents in coin to the International Food Storage Association, P.O. Box 248, LaVerkin, Utah 84745.

Seasons Greetings.

It's the season to shake off the winter blues and head for the tennis court.

But first head to Tennis Time and outfit yourself in a soft, comfortable pleated khaki dress from LXXMIXXS.

It's available in tennis white, trimmed in navy. With a built-in bra. Only from LXXMIXXS \$45.

Monday through Saturday 9:30 to 6

tennis time

5 E. Corner Moore & Schaefer
Birmingham, Michigan
646-4475

Make your bed. And make your bedroom.

30% OFF BEDSPREADS, FABRICS, & DRAPERIES through April 30

The Bedspread Place has what you need to make your bed — and your bedroom — the best of all places. You'll find bedspreads, quilts and quilting fabrics. Curtains, draperies and more. Covers, pillows, bedspreads, quilts, quilting fabrics, quilting tools. All custom finished. In-stock. In-stock. In-stock. Come in and look them over soon. You'll find what you need to make your bed and your bedroom.

ALWAYS 20% TO 60% SAVINGS

The Bedspread Place

NORTHVILLE 341 E. Main 349-0030 M-F 9:30-5:30	ROCHESTER 425 Walnut 652-4540 M-F 9:30-5:30	DEARBORN 2235 S. Telegraph 561-6464 M-F 9:30-5:30
---	---	---

Kingsley Inn

Proudly Presents

OUR FABULOUS ENGLISH STYLE SUNDAY BRUNCH. SERVED FROM 10 AM TO 2 PM

ADULTS \$6.95

CHILDREN UNDER 5 - \$4.95

DINNER FROM 2 PM TO 10 PM

IN AN INCOMPARABLE ATMOSPHERE

You will be delighted... with our staff and full line facilities including gourmet dining rooms, 172 luxurious guest rooms and our grand ballroom... don't forget our own unique art gallery... visit us soon.

642-0100

WOODWARD AT LONG LAKE ROAD BLOOMFIELD HILLS

644-1400
Ext. 503

UNBELIEVABLE, BUT IS IT TRUE?

Plaza Suite does it Again

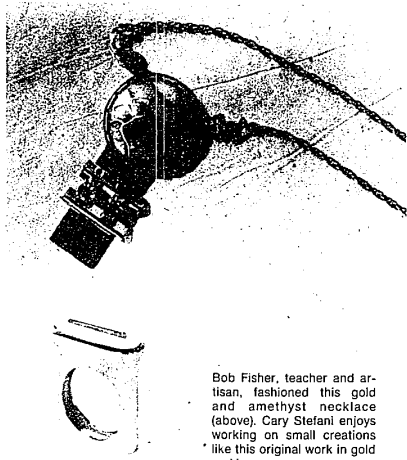
This Elegant Dinnerware, "Tuxedo" Pattern by Lenox

trimmed with 24K Wide Gold Band with which you will be proud to set your table,

Regularly \$135.00
(5 piece place setting) **Now Save 40%**
Pay Only \$81.00

Limited Quantities • 3 Days Only
Fri. Sat. Mon. April 3-6

... Plaza Suite ...
29113 Northwestern Hwy. at 12 Mile
the Suite of the Franklin Plaza
357-1121



Bob Fisher, teacher and artisan, fashioned this gold and amethyst necklace (above). Cary Stefani enjoys working on small creations like this original work in gold and ivory.

Gallery focuses on fine crafts

Continued from Page 1B

ONE WALL of the gallery is dominated by a large tapestry painting by Paul Jenkins, American painter. The painting was done from a maquette by the artist on the finest textile in the world in Aubusson, France. Mrs. Hooberman said.

"I like textile more than anything," she said. "I almost made this a textile gallery, but I was advised to have a more well-balanced business."

Exhibited against white walls and on cubes and glass shelves are colorful, hand-blown glass pieces, tapestry, stained glass and jewelry as well as paintings.

"Most of the painters I handle are local except for two from Toronto," she said.

Other local artists include several local jewelry makers, Barbara Moretsky and Bob Fisher, who work in gold and silver, and Cary Stefani, whose work uses ivory and gold, among other materials.

Another new demand on Mrs. Hooberman's time is the need to travel more than she ever has before. Recently, she has visited New York, California and Baltimore.

"BEST PART of that is meeting the artists and shaping new relationships," she said. "You can usually see their personality in all they do."

Being in business has proved quite different than what Mrs. Hooberman thought it would be.

"I knew nothing about advertising or public relations, and I had thought people would just break down the doors to get here," she said. "I'm learning so much from people. I love the business and my husband and kids love it too."

"One thing for sure, my family has to come first. If they weren't happy about this, I would drop it. After I started I found my daughter's grade dropping because I wasn't helping her as much."

"Now I leave my business concerns in my office when I go home at night. This I would drop it. After I started I found my daughter's grade dropping because I wasn't helping her as much."

"Now I leave my business concerns in my office when I go home at night."

A noticeable departure from most galleries is Mrs. Hooberman's "open" approach. No blinds or curtains cover the wide glass expanse at the front of her gallery.

"WE KEEP everything open and at night the store is lit up," she said. "I want people to feel welcome and not feel shut out. When they browse, we try to make them not feel un knowledgeable."

Two part-time helpers make Mrs. Hooberman's life easier and her travels possible.

Projections now call for future exhibitions on flat (stained) glass, Southwest American art (Indian) and a September show on "Outrageous Art with a Sense of Humor."

Currently, and through April, the gallery has a show on Table Top Art with works of more than 70 artists.

If that isn't enough, Mrs. Hooberman, who loves to entertain, dreams of being able to serve elegant lunches in her gallery.

A Bouquet of Summer Flowers from Sainbel Sport

*Cotton polyester blend
Size 6-14
July 7-8*

The shops of
Waltton-Pierce
Grosse Pointe • Somerset Mall