

Stress the topic at Henry Ford

By Mary Lou Callaway
special writer

Life in the fast lane is causing a lot of stress.

That's the reason Henry Ford Hospital is offering "Stress Stoppers," a six-week course at its three suburban and Detroit facilities.

If you answer yes to any of these questions, you might benefit from the program.

Are you often tense or upset? Do you run out of day before you run out of tasks? Is it hard for you to relax? Do you find it stressful to stand up for your rights?

Nearly 40 persons of all ages attended the West Bloomfield Outpatient Center's stress program last week. That large response surprised even course instructor and registered nurse Julieanne Wonsul.

But one participant said, "There's a lot of stress in West Bloomfield."

"It's our high mortgages," quipped another.

One man arriving late for the three-hour session apologized, saying, "I've had a stressful day."

Explaining how the program had helped her, Wonsul admitted she "was a workaholic. I found out I was a darned poor delegator."

The program was initiated in 1979 by the hospital to help its own employees deal with deal with stress.

"STRESS is learned. It's having unrealistic expectations. You will learn 43 coping skills, and you get a refund at the end if you feel we've failed you," Wonsul told the class.

The first session was free. The rest of the course cost \$65 per person or \$100 per couple. That includes program materials and a computerized Health Risk Appraisal.

The answers to a 20-question quiz measure the physical and emotional manifestations of stress.

Depression, shaky hands, a feeling of being trapped, insomnia, boredom, taking tranquilizers or alcohol before facing a group or making a decision are symptoms of stress.

The class filled out a confidential health risk form which will estimate the age the person can expect to live to after optimal health changes.

"I'm not sure I want to know that," said one participant.

Wonsul said Stress Stoppers is not a panacea, not a medical program and not group therapy. No drugs, psychoanalysis or hypnosis are used.

Participants learn how to control stress by using skills to change attitudes.

ONE OF the publications illustrates how changes cause stress. The death of a loved one, a major illness or accident, retirement, job changes such

as a promotion or being fired, money problems and family matters can trigger stress.

Prolonged anxiety or depression can lead to serious health problems.

Many experts believe drug abuse is really self-medication for stress. These drugs are alcohol, tobacco, barbiturates and tranquilizers.

New programs are scheduled for early next year. For more information, contact the Henry Ford Health and Lifestyle Program at 876-2650.

Turkey trotters triumphant

The Farmington Hills Parks and Recreation Department held its sixth annual Turkey Trot cross country run recently at the San Marino Municipal Golf Course.

Each participant received a participation ribbon, while the first, second and third place finishers in each division received medals. The youth winners were recipients of Cornish hens while the adult winners were awarded gift certificates for turkeys of their choice.

The results of the race were as follows:

Boys 11 and under — 1 mile, Christopher Davis, 9:10.9.

Girls 11 and under — 1 mile, Julie Robbins, 8:54.1; Catherine Kolich, 8:54.2.

Boys 12,13,14 — 1 1/4 miles, Bryan Lawton, 8:54.8; Chris Inch, 9:39.8; Tom

Harnden, 9:40.1.

Girls 12,13,14 — 1 1/4 miles, Jennifer Anderson, 11:18.5; Christy Hicks, 13:43.4.

Boys 15, 16, 17 — 3 miles, Mark Wagner, 16:51.8; Chris Mein, 16:57.6; Gerry McDougall, 18:07.6.

Girls 15, 16, 17 — 3 miles, Kristin Dobb, 21:59.6; Julie Prokop, 32:40.2.

Men 25-34 — 3 miles, Mike Considine, 18:03.9; David Dueto, 18:48.4; Mark Cieslak, 22:37.6.

Women 25-34 — 3 miles, Susan Roy, 23:54; Christine Novack, 29:08.2; Marian Stokes, 32:31.7.

Men 35-44 — 3 miles, Tom Hoed, 18:48.4; Larry Walter, 18:54.1; Dave Blivenrich, 19:08.4.

Women 35-44 — 3 miles, Linda Kaufman, 24:05.1.

Men 45 and up — 3 miles, Jerry Host, 18:44.4; Art Kettelhut, 19:24.5; Rod Rowe, 24:45.

Bank and Harrison combine for learning

Detroit Bank & Trust and Harrison High School are partners in an education project designed to stimulate students' interest in learning.

Through this program, Harrison students are receiving a variety of materials including filmstrips, cassettes, wall

charts, and magazines to be utilized in the classroom.

These materials cover current events as well as a wide scope of topics and skills ranging from vocabulary development to inflation, recession and depression to the use of maps.

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However, these different arthritic conditions have one characteristic in common: inflammation. In each arthritis, pain results because of joint inflammation.
At this time the best drug physicians have to fight joint inflammation is aspirin. Pharmaceutical companies have formulated a great number of medicines whose actions imitate aspirin. To date, none of these formulations have been proven superior to aspirin; all are more expensive.
Furthermore, aspirin is safe. It's much publicized effects on the stomach can be minimized. As the recent experience with Orelax illustrates, aspirin-like drugs can cause serious changes in the function of the liver, kidney, and brain.
Keep in mind that taking aspirin to stop inflammation requires a high dose. Under circumstances its usage necessitates the supervision of your personal doctor or a rheumatologist.

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