

PMS

Disorder gains recognition as root of emotional problem

By Louise Okrutaky
staff writer

More than 85 percent of American women experience its symptoms at one time or other. About 21 million women cope with it regularly.

Many don't want to admit they have premenstrual syndrome (PMS).

"Most who have it, don't identify it as PMS. They think you 'have to expect it,'" according to Nancy Fishman, clinical director of Woodcreek Counseling, Farmington Hills. She holds a doctorate in psychology from Wayne State University.

Gottlieb is medical director of the PMS Institute of Detroit and is affiliated with Sinai Hospital, Detroit.

OTHER indications of PMS, which commonly strikes about two weeks before a menstrual period, are migraine headaches, constipation, weight gain, increased appetite and thirst, a craving for sweets and salts, acne, boils, depression and panic attacks.

One of the problems women face in dealing with PMS is that it's often misdiagnosed. Although it's been a subject of medical research since the early 1930s, most medical textbooks give the syndrome a cursory treatment, Fishman said.

Women suffering from PMS have been diagnosed as suffering from depression, anxiety neurosis, panic disorders and hysteria.

"It's been seen as evidence that a woman failed to accept the female role. For that reason, there's a reluctance by women to discuss the problem," she said.

Some feminists are reluctant to talk about PMS because they fear it will be used as an argument against women's advancement in business. "Some women are afraid people will say, 'How can we think of women in an executive office with PMS?'" The truth of the matter is women have been handling this since the beginning of time. If we talk about it, women will know how to handle themselves even better," Fishman said.

Reluctance to discuss PMS can impede aid because diagnosis of the problem relies to a large extent on the victim. Since flare-ups are related to the menstrual period, patients are advised to take their basal temperature daily to ascertain when ovulation occurs. If symptoms appear after ovulation and last possibly during the first two or three days into the menstrual period, the woman could be suffering from PMS.

ONE OF the frustrating characteristics of the disorder is that symptoms disappear between the end of the menstruation and the beginning of ovulation. Sometimes, they won't reappear for several months, or different symptoms will surface.

Their cause has been pinpointed as an imbalance in the estrogen and progesterone levels in the body, according to Fishman. Oftentimes symptoms are brought on by a trauma to the hormonal system, such as the onset of puberty or after childbirth. Sometimes a woman will complain of symptoms after undergoing a tubal ligation, she said.

Symptoms can be alleviated, although Fishman hesitates to say they can be entirely cured. Treatment can bring the symptoms to a point at which the sufferer can more easily cope with them.

The first course of action to correct the situation involves changes in the woman's diet. Salt and caffeine are avoided. A regime of increased exercise and a regular intake of vitamins

is begun. Between 10-15 percent of PMS women aren't helped by the change in diet. These women often are helped by taking doses of natural progesterone.

PSYCHOLOGICAL treatment of the patient is undertaken in two phases. Her actions in the past are discussed. Then her actions at the present and in the future are examined. In many cases women can't tolerate stress as much as they normally could. "There usually is a history of guilt surrounding episodes of not having emotional control," she said. During a severe PMS episode, child abuse or misuse of alcohol could result. Many women have problems with their husbands or families.

"They can't stop themselves (during a PMS episode). They blame themselves because they think they could have had control. They have to work through the guilt so they're able to say they're sorry and feel OK. They have to work at forgiving themselves," Fishman said.

Council hosts market for preschool shoppers

Farmington Area Preschool Council hosts "Preschool Night," a market place for parents who are looking for a school suitable for their preschooler, at 7 p.m. Tuesday, Feb. 28, in Farmington Hills Branch Library, on 12 Mile Road, east of Farmington Road.

Area preschools, nurseries and day-care centers will be represented offering information about their school, displaying children's artwork and school scrapbooks, distributing brochures to guests.

The event is given each spring by the council to introduce the various types of preschools the area has to offer, making it easier for parents of young children to find a school suitable to the child's needs.

Guest speaker for this spring's event is Dr. Theresa Ellison. Her topic is "What Are the Three Rs of Preschool Education?"

There is no charge for the two-hour program.

Volunteers called

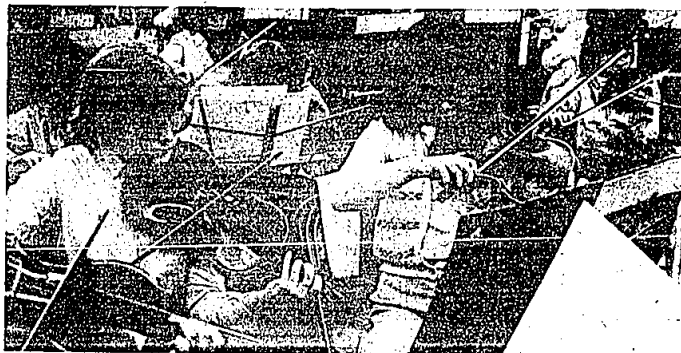
The Cancer Information Service (CIS), Michigan Cancer Foundation, is recruiting volunteers to become information specialists for the toll-free telephone information and referral system. The training schedule will entail eight sessions of four hours each, Tuesdays and Thursdays, beginning March 20. Upon successful completion of the course, volunteers will be asked to serve at least four hours each week as information specialists.

Potential trainees do not need knowl-

edge of cancer, although it is helpful. Throughout the training, the volunteers will acquire a number of skills.

CIS is part of a national network of cancer information centers financed by the National Cancer Institute. The telephone lines, accessible to all Michigan residents, are open from 8:30 a.m. to 4:30 p.m. weekdays. The volunteers provide accurate cancer information and assistance to the lay public and health professionals.

Persons interested in becoming part of the volunteer effort may call Volunteer Services at the Michigan Cancer Foundation, 294-3655.



Violinists Mary Strimel (at left) of Farmington Hills and Judy Shel of Bloomfield Hills will be on the stage of Orchestra Hall Sunday, March 4,

when the Metropolitan Youth Symphony performs in concert.

Youth play Orchestra Hall

A magical experience awaits the 200 members of Metropolitan Youth Symphony at 3 p.m. Sunday, March 4 when the fledgling group marks its premiere performance in Detroit's prestigious Orchestra Hall.

It will be, perhaps, a once-in-a-lifetime opportunity for many of the young musicians to perform on the historic stage where some of the world's greatest artists have appeared. The hall at 3711 Woodward Avenue is ranked among the top ten acoustically-perfect auditoriums in the world.

Metropolitan Youth Symphony boasts three orchestras catering to students at three levels of accomplishment. Thomas V. Course conducts the Symphony Orchestra; Douglas Bianchi leads the Concert Orchestra and Judith Culler conducts the String Orchestra.

Leif Bjaland, former conductor of the MYS Symphony Orchestra, will return to guest conduct. He is currently at Yale University teaching undergraduate conducting and music history in the graduate school.

Bjaland will take the podium to conduct Procession of the Sardar from the "Caucasian Sketches" Op. 10 by M. Ippolitov-Ivanov.

The program of symphonic music will feature Engelbert Humperdinck's Evening Prayer and Dream Fantasy from the Opera "Hansel & Gretel." Also Beethoven's "Sinfonia No. 5 C" Moll Op. 67; J. Massenet's Meditation from "Thais"; Schubert's Symphony No. 8 in B Minor, first movement; Bizet's March from "Carmen" and J.S.

Bach's "Double Concerto in D minor" will be performed.

THE BENEFIT concert will be the organization's major fund raiser for the year, made possible through a grant from the Michigan Council for the Arts.

Metropolitan Youth Symphony is non-profit and funded by nominal tuition fees. Don Veramay, president of MYS board of directors, welcomes tax-deductible donations. They may be sent to P.O. Box 842, Southfield 48037.

Although only in its second year of existence, the group awarded \$1,200 scholarships to 12 talented students last year. Each season MYS sponsors a scholarship competition for its members. Winning performers are present-

ed cash awards that are to be used for private study, music camp or instrument up-grading. The 1984 competition was given in February with independent adjudicators.

Orchestra members represent 40 communities in the tri-county area. They gather at Southfield-Lathrup High School each Saturday, September through May for rehearsals.

MYS orchestras participated in major community festivals last year in Livonia and Southfield and were invited to perform for various community groups in Farmington Hills.

Tickets run from \$6 to 10. They are available by calling Orchestra Hall Box Office, 833-3700, 11:30 a.m. to 6 p.m. Monday through Friday.

Teens invited to explore career possibilities

Students in senior high school are invited to register for a six-week workshop that will take them through a series of self-exploration exercises to help in choosing a career.

"Careers Unlimited" will run from 7-9 p.m. Monday nights beginning March 5 in Farmington Branch Library, 23500 Liberty Street.

Renee Abrams, program assistant from Oakland County 4-H, will conduct the workshops in cooperation with the library.

The exercises for the teens are aimed to acquaint them with job possibilities and job requirements. They will get a look at the current job market and its future. They will be exposed to specific skills which can lead to successful employment.

There is no charge for the workshops, but the library staff asks that only those who can attend all six workshops sign up for the sessions. Registration is made by calling the library, 474-7770.

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