

Seminar to focus on Premenstrual Syndrome

Continued from Page 3

Many Faces of PMS" in Dimensions, an informational publication published by the hospital.

LICHTEN IS ONE of those researchers. Rather than psychological, Lichten now believes most of the less severe problems are caused by a hormonal imbalance.

Finally, in 1981, Robert Frank, M.D., a New York endocrinologist, described the scope of premenstrual symptoms that women had experienced. But it was not until 1983 that a British physician, Katharina Dalton, published the article, "The Premenstrual Syndrome," in a British journal that fully called attention to the subject.

"I WAS SICK RIGHT from my first period," she said in the Dimensions article. "Things got progressively worse as I got older and I would lie in bed with three heating pads and take Demogel for the pain."

Women — as consumers — will play a vital role in raising the medical profession's awareness of PMS.

— Dr. Edward Lichten
PMS researcher

children at that age would have been a high price to pay, to get rid of my cramps," Kohn said.

He blames the disturbance on the medical profession's inability to make changes. "Doctors, by their nature," Lichten said, "don't change easily. I was doing something different and they were not ready to accept it."

"DR. LICHTEN WAS the first person who said to me 'there is something wrong with you,'" Kohn said.

LUNA, Lichten explained, is used to relieve women who have dysmenorrhea or painful menstruation. Dysmenorrhea is only one of several manifestations of PMS.

"I was 17, and when I told my gynecologist how much pain I was in every month, he just told me it would go away when I had children. Having

"EITHER THEY'RE not interested or not into it or they didn't have time," he said. "It's funny because I see the people after they see the other doctors."

He blames the disturbance on the medical profession's inability to make changes. "Doctors, by their nature," Lichten said, "don't change easily. I was doing something different and they were not ready to accept it."

ONE OF THOSE times was a recent seminar in Canton Township in conjunction with Janice Barber, a Westland woman who has suffered a severe case of PMS. The seminar drew over 200 men and women.

roads. Admission will be \$2.50. In addition to Lichten, nutritionist Debbie Silverman will speak. It is open to the public and men are also welcome to attend.



Initiated
Three local teachers have been initiated into Beta Eta Chapter of International Delta Kappa Gamma Society, an honorary society of teachers. Barbara Hendershot, (at left) a teacher for Farmington Public Schools for 16 years, teaches first graders at Beechview Elementary School. Barbara Novalls (in center), a teacher in Farmington for 15 years, teaches third graders in Forest Elementary. Donna Tinberg (at right) is a teacher-consultant for the emotionally impaired in Clarenceville Junior High School, where she also directs the Drama Club, Chorus Line, and sponsors the National Junior Honor Society's chapter there.

Language misunderstood

Continued from Page 3

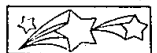
language which would open the door to many cultures proved too much to resist a couple of years ago after she read a newspaper article about Esperanto.

She phased the ELNA headquarters in California and signed up for the introductory postal course as well as the intensive introductory course at San Francisco State University.

ed study to attain conversational ability.

"IT WAS exciting, learning the language and watching it open up to me," she said.

Lakoosy is returning to San Francisco State University this summer for an intermediate level course. At the time, she'll go on to the 22th ELNA Conference in Portland, Ore., and then to the 4th All Pacific Rim Congress in Vancouver, British Columbia.



SUPER QUICK DELI BUFFET
WED. & FRI. 11:30AM - 1PM
WED. Carved Roast Beef Sandwich plus Ham and Turkey
FRI. Carved Corned Beef Sandwich, Ham & Turkey
\$3.95 with salad bar \$4.95 with soup & salad bar
Lunch has never been quicker or tastier. A great value!
Farmington Hills (313) 477-4000
Holiday Inn
38123 W. Ten Mile Road, Farmington Hills, Michigan 48024

LIVONIA True Value HARDWARE
Water Heater Sale
40 gal. Standard \$149.95
40 gal. Energy Saver \$179.95
LOW COST INSTALLATION AVAILABLE!
Master PLUMBER
Twin Handle Kitchen Deck Faucet
Triple chrome plated faucet on all brand construction. Water mixer faucet conserves water. Water saving faucet.
Reg. 22.95 \$15.95
Reg. 23.95 \$19.95
LIVONIA HARDWARE
54 Mile at Farmington
GALVAPOR DIST. CO. DIV.
DAP CO. DIV.

'Lockup' aids cancer battle

The American Cancer Society has scheduled the Detroit area's first Great American Lockup for Aug. 14-18 at Tally Hall on Orchard Lake Road in Farmington Hills.

Square food emporium. Those locked up will then "raise ball" to benefit the American Cancer Society.

personalities and evening lockup sessions for the general public will take place Wednesday through Saturday.

YOU SAVE 2 WAYS
James H. Will
When you Pre-Plan your funeral with **WILL Funeral Homes**
Your funeral is guaranteed at today's prices. You are protected against inflation.
You guard against over-spending. You specify the kind of funeral service and caskets you want.

Grand Opening Celebration
Make-Up Artist will be here July 19 to discuss the Latest Fall Look 2002 p.m. - 7:00 p.m.
Call for Reservations
DEE'S
Make-Up Artist
Bra & Corset Salon
In Livonia Mall
28000 W. 13 Mile Road
Livonia, Michigan

Don't be a heartbreaker
Eat less saturated fat.
American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

DON'T SUFFER
BACK PAIN—NECK PAIN—HEADACHE SHOULDER AND ARM PAIN—HIP and LEG PAIN—SLIPPED DISC—MUSCLE SPASMS—STRAINS—SPRAINS—WHIP-LASH INJURIES—
We take a special interest in these problem cases. Don't continue to suffer when our treatment may be the answer to your pain.
BENESTAD CHIROPRACTIC
21021 FARMINGTON RD.
2 Blocks North of I-75
FOR AN APPOINTMENT PHONE **477-6400**

CARS
NEVER AGAIN Classified ads

SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK
FREE SUMMER SKIN TIPS
Dr. Mark and Dr. Richard are offering a free short, lasting 15 to 20 minutes. They will discuss skin care, summer skin problems, how to prevent skin damage, how to deal with skin problems as they develop, and how to protect your skin during the summer months.
DR. MARK BLUM, M.D., PH.D.
Dermatologist
FARMINGTON HILLS 653-3900

HA SMITH HAIR SALON
10% OFF ANY HARDWARE ITEM IN OUR STORE
COUPON EXPIRES 7/31/84
GEDA