

Learn how to keep your heart healthy

By Joanne Maliszewski
Staff writer

Everything you have always wanted to know about your heart and how to keep it healthy will be yours for the asking.

Farmington Hills-based Botford General Hospital will sponsor a free cardiac awareness and education program — "Heart To Heart" — from 10 a.m. to 5 p.m. Friday, Feb. 20, in the hospital's Administration

and Education Building, 28050 Grand River.

The health fair, open to all patients and their families and area residents, is being offered this month because February has been officially designated as National Heart Month, said Delores Lewandowski, manager of the hospital's EKG and Stress Department.

More importantly, though, the program is designed to remind people to

take care of their hearts. That's especially important, Lewandowski said, because heart attacks are the number one killer in the country today. At Botford alone, 21,000 EKGs were performed last year and 1,200 stress tests.

Those attending the health fair will be provided with free testing and educational tips for maintaining a healthy heart. "The more a patient knows about his care, the more re-

laxed he'll be," Lewandowski said, adding that better care is the result.

VISITORS WILL be taken through the steps they would go through at the hospital if they were brought in with a suspected heart attack or other cardiac problem. Equipment used to treat and care for patients will be displayed. "If you have a chance to see the equipment, that also adds to being relaxed," Lewandowski said.

Nurses will demonstrate procedures used on cardiac patients and provide information about nutritional and exercise needs. Discussions will include the role of cigarette smoking and coffee drinking as contributory factors in increasing the

risks of heart disease, Lewandowski said.

"We will show films and procedures and the tests will be non-invasive," she added.

Also to be shown are the steps involved in cardiac rehabilitation and patient recovery. Hospital staff will be on hand to explain the hospital's cardiac club whose members are current or former heart attack patients, Lewandowski said.

TESTS THAT will be offered free at the health fair include:

- Blood O₂ level with pulse oximeter.
- Nurses will determine pulse and the amount of oxygen in the blood.
- Cardiac risk values evaluation.

Nurses will ask visitors specific

questions and determine what is the visitors' potential for cardiac problems.

- EKG rhythm strips. This is not a full EKG test but involves monitoring the heart through the use of the visitors' arms and legs. The strips will be given to the visitor to take to their own physician. Hospital staff will not interpret the results, Lewandowski said.
- Blood pressure checks.

Visitors who want to participate in every activity Friday should expect to spend about an hour. In addition to staff from 11 hospital departments, a representative of the American Heart Association will be available to answer questions, Lewandowski said.

Chief of surgery named



Harris Mainster
General Surgeon

Gerson Cooper, president and chief executive officer of Botford General Hospital, has appointed Harris Mainster as chief of surgery.

Mainster replaces Louis Spagnuolo, retired chief of surgery.

Mainster has been a general surgeon at Botford General Hospital since the completion of his residency training at Botford and Zenger Hospitals in 1984. A graduate of the University of Michigan in 1956 and Kirksville College of Osteopathic Medicine in 1960, Mainster concluded his internship at Art Centre Hospital of Detroit in 1961.

His professional affiliations include American Osteopathic Association; Michigan Association of Osteopathic Physicians and Surgeons; Oakland County Osteopathic Association; American Association of Abdominal Surgeons; Board of Direc-

tors, Kirksville College of Osteopathic Medicine Alumni Association; and Associate Examiner, National Board of Examiners.

Active in community affairs, Mainster's associations have included board memberships for the Jewish Community Center and Hillside Day School. He also served as president of the Professional Health Division for the Allied Jewish Campaign.

For the past 16 years, Mainster has donated time each summer teaching and providing medical care in government and missionary hospitals in third world countries.

Mainster lives in Bloomfield Hills with his wife, Phoebe, and his three children.

Botford General Hospital is at 28050 Grand River, Farmington Hills.

Surplus food to be distributed

Surplus commodity food will be given from 10 a.m. to 1 p.m. Tuesday, Feb. 24 in St. Alexander's Church, 27835 Shawwassee, Farmington Hills.

The food distributed through the Oakland Livingston Human Service Agency, includes cheese, butter, poultry and rice. It will be made available every other month.

One change in the program is that the names of recipients have been computerized by the sites where they are registered to pick up the food. Anyone found registered at more than one site will be disqualified from receiving surplus food and their names removed from the program.

Income eligible Oakland County residents should register at the site

nearest their homes and are encouraged to pick up the food only at the distribution site where they are registered.

Persons not previously registered may do so the day of the distribution. However, proof of total household income for the past 90 days, personal ID, and a social security card will be required. ID cards will be issued for the 1986-87 program year, which must be presented at each distribution site when picking up commodities.

Each eligible person will be given

a new USDA Surplus Commodity Food Registration Card with their own registration number and the distribution site they must attend during the time period of Oct. 1, 1986 through Sept. 1, 1987. This card must be presented to the clerk for verification every time they receive the food.

People who are not sure which office covers their area may call OLSA's local information hot line (Human Service Network Room) at 858-5189 or a toll free number 1-800-452-9250.

Lawmaker gains posts

Veteran state Rep. Wilbur (Sandy) Brotherton, R-Farmington, will serve on four committees in the 1987-88 legislative session.

The seven-term representative was reappointed to the economic development and energy committee and will serve as vice chair of the public health committee — representing one of his greatest interests and concerns.

Brotherton was also newly appointed to the urban affairs and tourism and recreation committees.

"Of course, all my committee assignments are important to my district," he said. "However, the one that will likely be facing the greatest challenges in the upcoming session is the public health committee."

"It will have the responsibility for examining legislation aimed at reducing the skyrocketing costs of health care. The availability and quality of health care in Michigan has always been a concern of mine."

Farmington Observer

(USPS 167-840)

Published every Monday and Thursday by Observer & Economic Newspapers, 1225 Bowers, Birmingham, MI 48012. Second-class postage paid at Birmingham, MI 48012. Address all mail (subscription change of address, Form 3569) to P.O. Box 2425, Livonia, MI 48151. Telephone 591-0500.

SUBSCRIPTION RATES
(In Oakland County)

One year \$24.20
(Elsewhere in Michigan)
Newsstand per copy, 25¢
One year \$40.00
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One year \$60.00

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