Suburban Life

Thursday, October 26, 1989 O&E

Putting people together

Image consultant considered one of the best in field

AY ANO, who describes her career as "putting be career as "putting be copie together," has been busy the past few months taking kudos from colleagues in the field.

Arvo took the award for "Outstanding Instructor of the Year" from John Casabianca Career and Modeling Center in Plymouth. Then she was advanced to head instructor of the agency, which is a subsidiary of Elite Modeling, an international firm.

of Elite Modeling, an international firm.

And most recently she has been recommended as one of the top 200 image consultants in the country out of the 22,000 persons employed in putting people together with the right clothes, accessories, color, make up and half styles.

Arvo is a professional singer, actress and nurse. She is a director for Beauty for All Seasons. She has worked as a wordrobe planner and consultant for Hudsons For Your Image and for The Dress Barn. And she is president of her own company, Your Total Image.

All of that background comes into play in the main thrust of her teach-in-Greating. Total flow Wow! on Orchard Ridge Campus, Oakland Community College, a class on boosting self-esteen as well as self development.

"You learn how to improve, update and upgrade your appearance for a winning image," Arvo sald, which carries over to a multitude of other seminars, workstops and short classes she gives on fashlon, make-up, and the importance of one's appearance in Farmington, Farmington Hills and several surrounding communities.

ton Hills and several surrounding communities.

ARVO IS HER own best advertisement. In 1980 sho was selected Mrs. Michigan, then Mrs. America. At the time she was the oldest woman to win the title both on a state and national level.

She is mother of nime and grandmother of mother or and grandmother of mother previous productions of the production of t

motivate students and clients. I do this to generate enthusiasm," she

this to generate enthustasm," she said.

Her own enthusiasm splits over into volunteer work in the community. She works steadily behind the scenes in makeup and wardrobe committees for Farmington Players, though she has also been on stage. She has just wound up her Job schafman for the very successful. Failing Farmington Musicale. In very short while she will be working toward the musicale's "Evening Elegance" scheduled to take place next spring. She is very active with The Friends of the Cantata Academy, an association she initied and organized.

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"The Friends has been a tremendous help to the chorale," she said organized to the group of paid professional singers. "It allows the singers to centerate on single year as a singer began at the age of 5, which simultaneously sparked her interest in the fields of makeup and fashion. She has sung

with the Cantata Academy, the De-troit Symphony Orchestra, the Jewele Chorale and has had guest appearances as a soloist in theaters throughout the United States and Canada.

Canada.

ARVO THINKS of her work as a certified color consultant as the added final dimension.

"Everyone is interested in looking and teeling their best. My services give the added edge," she stald. "I teach how to use color and create a positive illusion to enhance your natural look."

Arvo says she is much too busy now to continue her TV show "To-day's Women," but all of the concepts of that show are now being taught at Casabhancas, and she does make occasional guest appearances on television and radio.

As for her success as an image consultant. Arvo says, "Itle is turning adversity into opportunity, counting your biessings and living by the Getden Rule. Success is all this—plus living in America."



May Arvo, the oldest woman to ever win the titles of Mrs igan and Mrs. America, is now recom-200 image consultants in the country.

Behind closed doors

Clinic resolves sexual problems with individual treatment

'We try to deemphasize the individual and see it as a problem the couple has rather than stigmatizing one spouse. It's true that when there is sexual dysfunction both suffer the results.'

- Dennis Sugrue



The low-keyed sign on the door of suite 115, 31500 Northwestern Highway, gives no clue to the type of medicine practiced inside. It reads simply "Henry Ford Hospital Specialty Clinical"

medicine practiced inside. It reads simply "Henry Ford Hospital Speci-alty Clinic." Frankly speaking, the specializa-tion is sex. Patients of the specializ-clinic, more accurately called the Center for Human Sexuality, are people from their 20s to 80s with problems — psychological or physi-cal — that prevent them from hav-ing a fully enjoyable sex life.

THE SEXUALITY clinic, for 3½ years headquartered in Henry Ford Hospital in Detroit, moved to its expanded quarters in the quiet, tastfully decorated Brookfield Building in February. It is headed by Dennis Sugrue, who holds a doctorate in psychology.

"We believe the most effective approach is through multi-disciplines

physical and psychological, rather than referring the patient from specialist to specialist," Sugrue

sald.

At the clinic the patient is evaluated and treated by a team consisting of a psychiatrist, psychologist and urologist or gynecologist. Henry Ford Hospital physicians from other specialities are consulted as needed.

THE CLINIC may be unique in that on-staff, team approach, Sugrue said. Patients are often referred by other physicians, evaluated and sent back to their personal physician for

back to their personal physician for follow up. Initially, each referral is sent a screening packet and questionnaire, which they complete and return be-fore ever seeing the health team. In it are questions regarding health his-tory and sexual fonctioning. On the chance that the problem is physical, an appointment with the appropriate physician is arranged.

"WE MAKE use of the Henry Ford

Hospital network," Sugrue sald, Pa-tients are sent, when indicated, to other Henry Ford Hospital units for diagnostic studies — blood work, sleep study or vascular examination, for instance. Severe diabetes, vascular disease, certain medications, smoking or al-cohol abuse can have reduce sexual ability.

cohol abuse can have reduce sexual ability.

Once the evaluation is done, the team comes up with a treatment plan. If the evaluation uncovers a medical cause, treatment options may include changes in prescribed medicine, vascular surgery to correct impediments in blood flow, implantation of a penile prosthesis, bormonal therapy or corrective surgery for anatomical irregularities.

IF THE sexual problem is caused

IF THE sexual problem is caused by a mental block, loss of confidence, stress or marital problems, spexhological counseling is indicated. Counseling is offered at the Northwestern Highway offices.

"The real emphasis today is on brief (psychological) treatment, six months as compared to the old, six-par, Woody Alien-type therapy." Patients are treated as a unit with their spouses or mates. "We try to de-emphasize the individual, and see it as a problem the couple has rather than stigmatizing one spouse. It's true that when there is sexual dysfunction both suffer the results."

TYPICAL CASES, Sugrue said, include a couple in their 20s unable to consummate a marriage, a middle-aged couple unprepared for the natural changes of their bodles and senior citizens who may be physically unable to have an active sex live but not mentally resigned to it.

not mentally resigned to it.

Sugrue cited the case of a young couple, married 3½ years, unable to have Intercourse because of the involuntary contraction of the wife's vaginal muscles. The contractions had no physical cause, so the team prescribed—in addition to counseling—progressively larger manual dilators combined with relaxation techniques for 10-12 sessions.

"After 10 weeks they consummated the marriage."

THE CLINIC sees a large number of men in their forties and fifties who "notice normal, natural changes but are not prepared. They may not achieve erection as easily or become

ready to bail out of the marriage, Sugrue said.

"SOME WOMEN become angry.
Or they start reading books or buy a negligee. That becomes hard on the guy. She's suddenly the one linitiating sex. A lot could have been avoided if they understand the normal sexual changes."
Why are they unaware of the inevitable, we asked.
"Who telf ke vou? Physicians don't.

itable, we asked.
"Who tells you? Physicians don't tell you. That's not the news you get from movies and books.
"You're not going to hear it in the-locker room. All that is coupled with the male mystique that he's always ready for sex and can become erect on demand."

on demand."

THERAPY IN this case calls for reintroducing physical intimacy in a non-threatening way and learning that intercorres and love-making are not synonymous, he said, are not synonymous particles are not synonymous particles. The higgest problem for older spouses is combating the myth that sex is for the young, he said.

"If the patient has the courage to bring it up to his physician, it's not unheard of for the physician to say, why are you worried? You've had your kids or you've had your kids or you've had your "IR THEV" one to be head of the point of

your kids or you've had your fun."

"IF THEY do get to the point of referral here, the first step here is permission-giving, telling them that whether they re 25 or 75, physical in-timacy is important to them and their partner.

"There's no rule that sex is exclusive to youngsters. The frequency may lessen. There may be a decline interest, but if the interest disappears, it's not natural."

With older men, it often is an erectime major and sometimes in reversible.

For some the answer is implant surgery, chemical injections or other intervention. Others may be comortable with love-making short of creections, he said.

A MASTERS and Johnson report

A MASTERS and Johnson report A MASTERS and Johnson report estimates 50 percent of all married couples have sexual problems, but only a small portlon seek help. Em-barrassment is the biggest problem. Fear of the vague term "sexual therapy" could be another.

"Once they get in the door, we dispel the fantasies. This is not group therapy, the California school where you take off all your clothes and

Yuppies lose loving feeling

VEN YUPPIES — or maybe especially Yuppies because of their stressful, goal-ori-ence a lack of sexual desire, sald spechologist Katherine Mill.

Mill is the newest member of the Center for Human Sexuallity, special-izing in women's sexual dysfunction, including victims of sexual trauma — rape and incest. With center di-

'They are not finding

priority. It's low priority and low sexual desire for both. It's secondary to their lifestyle.'

- Katherine Mill

time for each other. They don't make sex a

about lack of sexual desire in gener-al.

There are three categories of di-minished sexual desire, Miller and Sugrue explained. The first, lifelong inhibited sexual desire or hypo-ac-tive sexual disorder is an individual problem.

problem.

In the second category, the couple may experience strong desire during courtship, become engaged or married and suddenly for one of the parties, the desire is gone, again an indi-

Katherine Mill

r both parties is no longer interest-

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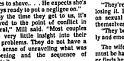
Inhibited sexual desire may often be a spin-off of other problems in the relationship that dampen sexual interest of the spin sexual desire for both. It's secondary to their lifestyle."

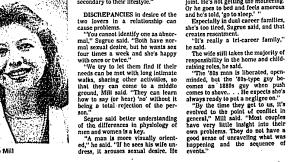
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can't stand the thought that that it insh the same for her."

The birth of the first child may change the dynamics, Mills aid. "The pressures of adapting and dealing with the new roles create mixed messages about how sexuality and parenthood fit together," she said. "They'te thinking, if they are not ready for another child is this Kt oc njoy sex. It creates strains and pressures."

"IT'S NOT uncommon," Sugrue said, "for a couple to get married, and have a saistlying sexual life. The baby comes and they're thrilled, but suddenly the butband's nose is out of joint. Ite's not getting the mothering. Or he goes to bed and feels amorous and ho's told, 'go to sleep." "Expecially in dual career families, she's too tired, Sugrue said, and that creates resentment.





as rigid.

"They're fearful. They think, 'I'm losing it. I'm impotent.' They focus on sexual performance and psych themselves out.
"They begin to pull back physically and emotionally." The wife may begin to suspect he must be having an affair, he no longer finds her attractive or he's getting