

THURSDAY, MARCH 16, 1995

# COMMUNITY LIFE



BOB JAGERS

## 4 invasions mark war tour

I enlisted in the Navy Reserve in April 1942 and was called into active service in June (after completing the semester at Aquinas College in Grand Rapids). I completed my basic training at Great Lakes and went on to quartermaster-signaling school.

I then was assigned to the amphibious forces in Solomon, Md. Later I was assigned to the LST 351 upon which I lived and performed my duties until December 1944. My duties consisted of sending and receiving messages, using one of four methods: semaphore, Morse code by light, the international flag system, and a specialized system of identification.

We sailed from New York for north Africa. The crossing took 36 days. The war in north Africa was nearing its end when we arrived. However, I was sent to a British field hospital near Bougie, Algeria.

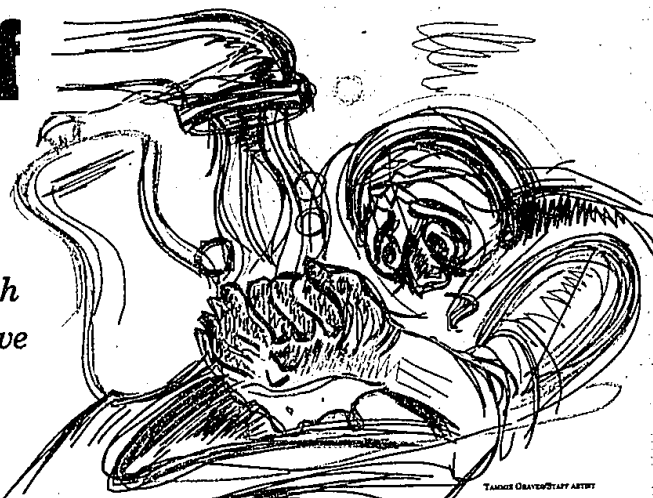
The doctor there said I had appendicitis and would require an operation. The date was set, and they moved me into a tent. As I was lying on the gurney the nurse came in and informed me that my operation was being delayed so the doctor could have his tea.

The operation was a success and after five weeks I was discharged. The heat of North Africa caused the healing process to take

See WAR, 14A

## Ritual of worry

Study helps sufferers cope with obsessive compulsive disorder



TIMOTHY CRAYVEN/STAFF ARTIST

BY BETH SUNDRLA JACHMAN  
STAFF WRITER

Obsession isn't just a popular cologne. For some, an obsession becomes a compulsion, and for those people life can become almost unbearable.

A study being conducted through an office on Orchard Lake Road in Farmington Hills is using the drug Zoloft to try and help sufferers of obsessive compulsive disorder.

Anxiety, intrusive thoughts, rituals, checking, counting, repetitive washing and perfectionism are among the symptoms of the disorder.

Dr. Robert Bieliski started studying the disorder six years ago. He's conducting the research out of several offices in the state. The Farm-

ington Hills office is one of the busiest, he said.

So far, he has enrolled 31 patients for up to 18 months in the study.

He says he has had "very good luck, even better than I thought," with the drug Zoloft, which is similar in the way it works on the brain to the drug Prozac.

It has worked very well for some, somewhat well for others and not at all for others, he said.

For the harder-to-treat patients, he increases the dosage of Zoloft.

Obsessive compulsive behavior can involve intrusive thoughts, such as a person thinking that something awful will happen if he or she doesn't perform certain rituals.

Bieliski has seen cases of obses-

sive handwashing or showering. Some people can't leave the shower because they think they haven't gotten every area of the body clean, he said.

He also has treated a woman who could not leave her home. She couldn't get things "right enough." At one point, she couldn't go with her husband on vacation because the house wasn't tidy enough. But with treatment she has improved. "She now leads a very normal life," he said.

For some people, the disorder means counting, and it may mean the count has to end on a certain number. Some people need to tap things. Still others have to check things constantly. One man Bieliski

treated could not stop checking and arranging a book on the coffee table. It got to the point that he couldn't play with his children because he had to keep checking the book on the coffee table, he said.

"Some people spend 12 to 16 hours a day with their obsession and rituals. They feel they have no time to relax," Bieliski said.

For some people, the disorder isn't as severe. Some people who enter treatment will say people told them they were a little different, but they hadn't realized it was a disorder.

The use of Zoloft, an anti-depressant, has given some sufferers relief, but Bieliski said he isn't sure

See DISORDER, 14A

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