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**UPDATE ON SHOULDER BURSITIS**

It is four years since this column discussed shoulder bursitis. This condition involves the (supraspinatus) tendon as it crosses from the top of the shoulder blade to anchor into the head of the shoulder bone.

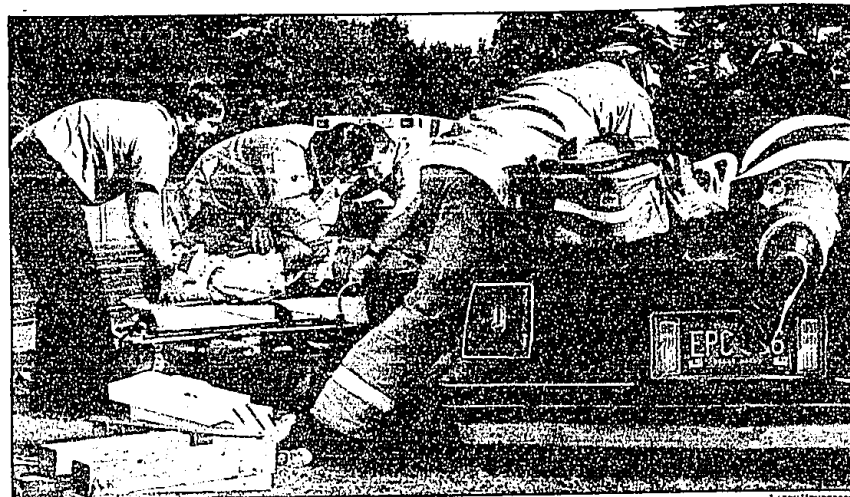
A tear in the tendon causes pain on using the shoulder; later, pain continues at night. If the condition remains untreated, you begin to feel discomfort down the forearm and hand as the whole upper extremity lies to protect the supraspinatus tendon.

Treatment consists of heat and steroid injection of the tendon. Such procedures resolve the pain; it is left to nature to heal the tear.

In the last four years, physicians have undertaken shoulder arthroscopy in individuals whose pain persists despite treatment. Arthroscopy has revealed that often the tendon is intact. The problem lays with tears in the lip of cartilage (the glenoid labrum) that surrounds the shoulder joint.

Arthroscopic technique used to repair knee injuries can do the same for injuries to the glenoid labrum.

The introduction of arthroscopy for shoulder pain once thought chronic and incurable, is the most important advance in the care of shoulder bursitis in the last 4 years.



Let's pretend: Farmington Hills firefighters and paramedics come to the aid of the mock auto crash at North Farmington High School.

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**Message** from page 1A

One such student is Wylie, a North Farmington senior and president of the school's chapter of SADD (Students Against Driving Drunk). One of Wylie's close friends died in an auto wreck where a drunk was driving.

Wylie, a Farmington Hills resident who hopes to attend Michigan State University next year, was the student who played dead in the mock accident.

"We weren't trying to make people cry," Wylie said. "We were just trying to get our message across. It's not good to drink and drive. . . in terms of the physical and emotional damage you can do to yourself and others."

North students Ben Ellis, Kenan Oliphant and Richard Beal played the critically injured students.

The assembly was attended by more than 1,100 North Farmington students, according to principal Deborah Clarke.

"It was painful, but a great

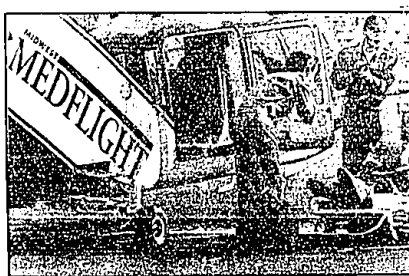
**'We weren't trying to make people cry. We were just trying to get our message across. It's not good to drink and drive.'**

Stephanie Wylie

learning experience for the kids," Clarke said. "They saw how quickly tragedy can strike . . . from a mistake."

They must have gotten the message at North Farmington. A SADD meeting Wednesday attracted "60 or 70 kids," Wylie said. "Usually we have 30 or so stay all year through," she added.

Such mock accidents, staged around homecoming and prom seasons, are becoming popular with Detroit-area high schools,



Up you go! Members of Midwest Medflight, the ambulance service that sponsored the mock crash, prepare the "injured" for airlift.

Midwest Medflight's Canning said. The one at North Farmington was her fifth.

"Calls are coming in from other schools that want us to put one on," she said.

**Are you a  
Compulsive  
Overeater?**

	Yes	No
1. Do you eat when you're not hungry?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you go on eating binges for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have feelings of guilt and remorse after overeating?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you give too much time and thought to food?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is your weight affecting the way you live your life?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you use fasting, strenuous exercise, vomiting or laxatives to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you tried to diet for a week (or longer), only to fall short of your goal?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer "yes" to three or more of these questions, you may be a compulsive overeater. You are not alone. Millions of Americans suffer from this disease.

Compulsive overeating is a painful, relentless illness that interferes with every aspect of life. It is a disease that gets progressively worse if left untreated.

Weight gain often accompanies this illness. But not always. Many compulsive overeaters maintain normal body weight by strict diets, fasting, strenuous exercise, vomiting, or excessive laxative use. These methods are ineffective and medically dangerous.

Weight is not the problem, and dieting is not the solution. The problem is the disease of compulsive overeating, and the solution is a program of treatment and recovery.

The Eating Disorders Clinic (EDC) of St. Mary Hospital offers an outpatient treatment program that leads to lasting recovery. Our approach is comprehensive. We help our patients make lifestyle changes that give them renewed confidence in themselves and more control over their lives. Gradually, the chronic binge/diet cycle is replaced by a healthy, more satisfying, and more productive way of life. With food in its proper place, weight normalizes.

At EDC, we work as a team - psychologist, psychiatrist, physician, nutritionist, and specially trained therapists - to diagnose and treat eating disorders. This experienced staff provides treatment with understanding and sensitivity.

If compulsive overeating is a problem for you, or someone you love, take the first step toward recovery. Call us today at (313) 591-2936. WE CAN HELP.

**Lenore Baumann, MA, LPC**  
EDC Coordinator  
Center for Counseling Services  
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