

Gifts of advice given to avoid that holiday stress

Do you often feel like you need a 12-step program to get you through the 12 days of Christmas?

While the anticipation of the holiday season brings joy for some, it also can lead to stress, disappointment and, yes, weight gain for others. The professionals at Botsford General Hospital offer some gifts of advice this year.

Gale Cox, program coordinator for Botsford's Health Development Network, urges people not to try to diet during the holiday season.

"Allow yourself to enjoy your favorite foods, but eat in moderation," Cox said. "Be realistic."

If you're concerned about weight gain while attending holiday parties, don't skip a meal to save calories. Cox offers these simple rules:

- Sample rather than eat.
 - Choose veggies instead of fatty foods.
 - Drink sparkling water instead of alcohol.
- When it comes to entertaining, Caroline Smith, a registered nurse and network coordinator, has found several ways to take the stress out of entertaining during the holiday season.
- She urges harried hosts to share the work by inviting guests to bring a dish and serve buffet style. Or consider hosting

an event that doesn't revolve around food.

"Alternatives such as going out to a show, carolling or tree-trimming can be just as enjoyable for guests without the hassle for the host," Smith said.

For individuals concerned about their health, Botsford's Health Development Network provides health-risk assessments as well as a host of personally designed programs including weight-loss and nutrition plans. For more information, call (810) 477-6100.

The exercise physiologists at Botsford Total Rehabilitation and Athletic Conditioning Center (TRACC) offer fitness assessments and programs to meet individual needs. For more information, call (810) 477-5600.

Botsford General Hospital is a 338-bed, osteopathic teaching facility serving Farmington Hills and its surrounding communities. It is affiliated with the Michigan State University College of Osteopathic Medicine.

GRIP from page 1A

Farmington schools Nutrition Department provides snacks. Farmington Area YMCA will provide free baby-sitting for children ages 3-8.

Admission is also free, though preregistration is required by Feb. 23. Registration forms are available at district offices.

Though organizers agree the first event was a success, they admit not all the kids and parents who need to hear the message were there. That will take time, Enberg said.

"We're trying," Enberg said. "You've got to get the seeds planted in schools and then energy radiates from that."

The program sponsored by Farmington Families in Action and Farmington Public Schools is open to kids in grades four to eight, who are more susceptible to peer pressure.

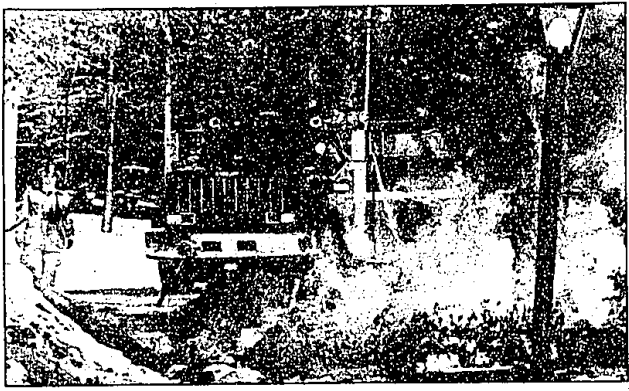
"Hopefully, more and more kids will think it's the thing to do on a Saturday morning."

No lottery numbers

Lottery numbers, normally published in this space, were unavailable until after the deadline for this issue of The Eccentric.

We're sorry for the inconvenience. We will resume publication of the numbers with the Dec. 28 issue.

Flame out in Farmington Hills



SHARON LAMBERT/STAFF PHOTOGRAPHER

Gas line fire: A water main excavation caused a natural gas leak on Westmoreland, north of 10 Mile Road, in Farmington Hills Thursday at 10:54 a.m., and the friction ignited the escaping gas. Flames are visible on the right side of this photo. Consumers Power responded and put out the fire with chemical extinguishers. Farmington Hills firefighters from Station 2 stood by in case of further problems and soaked the surrounding area with 250 gallons of water to keep it cool. There were no injuries and no damage other than the loss of gas.

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OBSTETRICS & GYNECOLOGY

MORE REASON TO GO WITH ERT

These women who are considering estrogen replacement therapy (ERT) can take heart from a study of nearly 10,000 women. According to the study, women who take estrogen after menopause have about a 40 percent lower risk of dying from heart disease. The most marked effect came to those women who were younger than 75 or who had taken the estrogen for more than 10 years. Estrogen users in these two groups had a 70% lower risk of dying from heart disease. Fast studies have linked estrogen replacement therapy to a higher risk of breast cancer and to a higher risk of endometrial cancer (when not given with progesterone). However, these risks must be weighed in light of the fact that heart disease is responsible for about 5 times as many deaths among women as breast cancer.

The mid-thirties are a good time to begin investigating the different issues relating to menopause. Start by collecting your family history: question your mother, aunt, and all the women in your family who have experienced menopause so that you can get an idea of the average age of onset, particular symptoms, and their duration. P.S. The study mentioned above also points out that women who took estrogen had a 50% lower risk of dying from all causes than women who never took the hormone. Learn more about your health issues in a pleasant and relaxed atmosphere by calling 559-0500. I am located at 15901 W. Nine Mile Road in Southfield.

Physical Therapy & Sports Medicine

HELP FOR RUNNER'S KNEE

Although patellofemoral pain often runs by the more common name "runner's knee," this disorder is not restricted to runners alone. In cases where trouble cannot be traced to a specific injury and is characterized by swelling and pain around and behind the kneecap, it is probably the result of the wear and tear that comes from being highly active. Runner's knee develops when the kneecap rubs against the edge of its channel in the thighbone. This rubbing is caused by outer quadriceps muscles that are substantially stronger than those at the inner thigh. Most sports, with the exception of cycling and weightlifting, do not provide the inner thigh muscles with enough attention. To avert problems, the physical therapist may well prescribe strengthening exercises aimed at the quadriceps muscles along the inside of the lower thigh.

Think of the work your knees do, day in and day out. It's little wonder that they can fall prey to problems. Building up the muscles that support the knee and improving joint mobility with gentle knee exercises are the best ways to speed recovery of a knee problem. At MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C., your physical therapist will design a program especially for you and teach you how to do the exercises. To learn more about physical therapy for the knees, call us (810) 478-7330 or see us weekdays by appointment at 33555 Eight Mile Road, Suite A, Farmington Hills.

P.S. Those who suffer from runner's knee should make a switch to low-impact exercise.

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18822 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-1850

UPDATE ON CORTISONE FOR ARTHRITIS

The use of cortisone in chronic arthritis is a double-edged sword. On the one hand, the ability of the medication to stop inflammation is unequaled by any other drug. On the other hand, numerous investigations confirm the bad effect of the drug over time, even in small amounts.

If you are to go on cortisone, ask about the starting dose, and the expected time of use. Query your doctor on his plans to minimize side effects such as weight gain, bone calcium loss, change in body fat distribution, blood pressure elevation, the threat of infections, and the possibility of peptic ulcers.

If you are to use oral cortisone, take the medication as a single dose in the morning on arising. The reason is that extra cortisone entering at this time suppresses the body's natural production of cortisone, rather than replacing natural production. Unfortunately, if the dose you require is large and taken for those weeks or more, you will suppress the body's manufacture of cortisone, and need a careful schedule of reducing the drug over time to recover normal internal production.

Cortisone is a powerful medication. You should not reject it because its power can possibly hurt you. Instead be careful in its application, for when done properly the medication is unrivaled in its ability to combat inflammation.

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Marlene P. Zinderman, R.N., D.D.S.

GAINS OVER LOSSES

The good news is that increasing numbers of Americans are preserving their natural teeth to an extent that is making toothlessness and dentures far less common. According to the National Institute of Dental Research, improved adherence to oral care regimens at home and advancements in dental care have, over a recent ten-year period, led to a fifty percent decline in the number of people who have had all their teeth extracted. From the mid-1970's to the mid-1990's (the most recent period for which statistics are available), the number of full extractions dropped from 7.3 million to 3.7 million. However, the group at highest risk for tooth loss, those over the age of 65, lost the dentists less than any other group. These older Americans stand to benefit.

Good dental health requires constant attention. At LIVONIA VILLAGE DENTAL ASSOCIATES, we urge you to do your share by brushing and flossing daily and visiting our office at the recommended intervals for routine preventive care. We're located at 19171 Merriman Road, where we look forward to providing you with the most modern dental care available. Please call 478-2110 to schedule a convenient appointment. Monday, Tuesday, Thursday and Friday 8-5pm; Wednesday and 9pm. Smiles are our business. For the fearful, we feature "twilight sleep", the painless dental.

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P.S. Even though fluoride treatment is usually given to prevent cavities in children, it can be seriously considered for older adults, particularly those with diminished salivary gland function.

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