

**Bone marrow** from page 13A

(family members) transplants." and social worker.

To Jacobs' question, "How did your life change after the transplant?" Pamela Yager, who sells real estate, replied, "I'm always an extrovert. Now I'm much more patient. Things do not upset me anymore. I am different. I am more self-assured. I've learned to be a lot less judgmental."

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**May is time to beautify**

May is Keep Farmington Beautiful month. Spring will be late this year, goes the song, but it's not too late to make beautification plans.

Farmington's Beautification Commission urges businesses, schools, churches and multi-dwelling complexes to clean up, and to improve landscaping and window displays.

Each summer the commission takes a look at the community, seeking special examples of beautification efforts. Awards are given for overall visual appearance, plantings, window displays, and landscape maintenance.

We want Farmington's charm and beauty reflected throughout the community," said Rosemary Fitzpatrick, Beautification Commission chairperson.

Flowering annuals add instant color to any location. Some annuals are drought tolerant: salvia, moss rose, dwarf morning glory, and alyssum. Others are heat tolerant: wax leaf, begonia, zinnias, dahlgberg daisy.

Businesses that have sidewalk boundaries can add color with the use of attractive window decoration, which aesthetically display products, and creatively pictures services.

Contact the Beautification Commission at City Hall for assistance in planning your beautification project.

**Rice** from page 13A

and decreases your risk of developing osteoporosis.

Prior to beginning an exercise program, it is important to visit your doctor and obtain a complete physical exam. People over the age of 35 must have a stress test to rule out heart disease. A thorough eye and foot exam is also recommended, as are laboratory tests to determine kidney function and blood sugar control.

Your exercise program should be fun. Pick an exercise which you enjoy or exercise with a friend or a group. Some ways to help you adhere to an exercise program include: always start slow and steadily increase your time; monitor your blood sugars before and after exercise; drink plenty of water to avoid dehydration; always wear identification and carry sugar with you at all times; take care of your feet - avoid blisters, cuts and exercise pressure; don't overdo it. Exercise is not competitive. Do what's


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right for you.

Ten minutes three times a day is great. You don't need to run a marathon to reap the benefits. Exercise is the most important thing a person with diabetes can do to keep blood sugars under control and reduce the risk of complications. Take control of your health. Exercise. It's worth it.

To assist in beginning an exercise program, Botsford General Hospital offers a 10 week, state of the art, comprehensive exercise program for people with diabetes called diabetes-cize. This program is individualized to meet the needs of the person with diabetes. Additionally, the hospital's diabetes support group offers a wide variety of educational topics including the June 18 meeting which features "exercise" and a tour of Botsford Hospital's Total Rehabilitation and Athletic Conditioning Center (TRACC). For information, call Botsford's Health Development Network at (810) 477-6100.

Donna Rice, RN, health programs coordinator at Botsford Hospital, has over ten years experience in her field.

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**PLASTIC SURGERY**  
*Today*  
by Marshall A. Shapiro, D.O., F.A.C.O.S.  
**HEADING FOR COVER**

One of the primary reasons that hair transplantation is now the most popular form of cosmetic surgery for men in this country is that new techniques create more natural results. Hair is now of plugs along the forehead, concealed by downgrowth flaps of hair. In its place is a more natural result born of the technique known as micrografting, which enables surgeons to closely approximate the hair's look of a natural hairline. Rather than use plugs of hair to thicken follicles, the surgeon harvests thin strips of scalp from the sides and back of the head. These donor sites are then sutured together, while the strips are divided into small plugs of three to five follicles each. These are then inserted into shallow incisions on the scalp. PS: Hair transplantation patients usually only have to wear bandages on their heads for one day following the surgery.

To achieve even finer results, the surgeon may turn to micrografting, the implantation of one or two hairs into hypodermically created receptor holes on the forehead.

The esthetic results of hair transplantation techniques have never been better. Both men and women can benefit from the advances in plastic surgery. Best of all, you need not conceive explanations for bandages, scars and bruises, one long weekend and you'll be supporting an attractively enhanced hairline. I am board certified to perform plastic and reconstructive surgery. Call 1-888-855-0300 to schedule a consultation to discuss what micrografting can do for your appearance. My offices are located at 700 Orchard Lake Road, Suite 120-B in West Bloomfield.

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