

HEALTH News

Digestion pain may be a sign of other problems

Digestive diseases and chronic digestive problems affect more than half of all Americans at some point during their lives.

Many people may suffer occasional heartburn pain simply as a result of overindulgence, but frequent pain can be a very important signal from the body that there may be a different, more serious problem.

"People have a tendency to trivialize heartburn or stomach pain," notes Dr. David Earnest, a gastroenterologist and chairman of the Glaxo Wellcome Institute for Digestive Health (GIDH) Scientific Advisory Board.

"What may seem like a simple case of eating too much or too fast may be a sign of a potentially serious digestive health disorder."

"Others may find the subject embarrassing or difficult to talk about."

Remember, it's important to have digestive health questions answered by a health care professional.

Dr. Earnest offers his answers to some commonly asked questions regarding digestive health:

What is the difference between a gastric and peptic ulcer?

Peptic ulcer is the collective term for both duodenal and gastric ulcers.

Ulcers that form in the stomach are called gastric ulcers; ulcers that form in the duodenum, the first part of the small intestine, are called duodenal ulcers.

Recent research has indicated that most duodenal and many gastric ulcers are caused by a specific bacteria and can be managed by an appropriate treatment plan.

Therefore, it's important to have your physician or health care professional fully evaluate your condition if you think you have symptoms that may be an ulcer.

What is diverticulosis and what can be done about it?

Diverticulosis is a condition in which small pouches about the size of peas form along the colon wall. Most persons with diverticulosis have no symptoms.

However, some people experience pain or spasms, usually located in the lower left side of the abdomen.

Severe persisting pain with fever and constipation may suggest inflammation has developed in the pouches, a condition called diverticulitis.

Treatment plans for diverticulosis typically include a high-fiber diet.

If you think you may have this problem, speak to your doctor.

What role does exercise play in digestive health?

Exercise can help you control your weight and reduce stress, which can improve your digestive health and your overall health.

Mild exercise such as walking often helps improve sluggish colon function.

"Anyone considering jogging or other high-impact sports, however, should be aware that 'bouncy' exercise can sometimes cause reflux of stomach acid up into the esophagus leading to heartburn."

Strenuous exercise such as running can also significantly increase colon activity, occasionally producing diarrhea.

Before starting a new exercise program, consult your doctor or other health care professional for specific recommendations related to your condition.

Oakland American Cancer Society chapter looking for volunteers in all areas

A great way to feel productive during these cold months is to volunteer for the Oakland County-based American Cancer Society.

The following is a list of fun volunteer opportunities in the following areas: Cancer control, income, development, and discovery shops.

Cancer Control

The goal of the Cancer Control Department at the American Cancer Society is to prevent cancer, save lives, and diminish suffering from cancer through research, education, advocacy, and service. To that end, volunteers and staff of the American Cancer Society provide numerous support programs and services for local cancer patients

and their families. The following programs are only accomplished through the altruistic efforts of the many volunteers that assist in the implementation of these programs.

Income Development
In order to fund its life-saving and enhancing programs, the American Cancer Society raises money through the generous

contributions of individuals across the United States. The Income Development Department accomplishes this mainly through special events.

Discovery Shops
The American Cancer Society has two gently-used resale shops in the area: one in Farmington, the other in Sterling Heights. Both are looking for

volunteers to help with inventory, retail sales, and general bookkeeping for the shops. Individuals are needed for four hour shifts on weekdays or Saturdays.

To become involved in any of these areas, please call Dr. Szczerba, director of volunteerism and programs, at (810) 557-5353, Ext. 52 in Southfield.



ANN ARBOR
Apollo
2100 W. Stadium Blvd. at Liberty
(313) 668-6100

DEARBORN
Krug
12131 Michigan Ave.
Between Southfield and Telegraph
(313) 274-8800

DETROIT
Bob Maxey
10901 Mack Ave. at Cadieux
(313) 883-4000

DETROIT
Park Motor
18100 Woodward Ave.
Opposite Palmer Park
(313) 866-3000

FARMINGTON
Bob Dusseau
31625 Grand River Ave.
1 Block West of Orchard Lake Rd.
(810) 474-3170

GARDEN CITY
Stu Evans
32000 Ford Rd.
Just West of McMillan
(313) 453-3000

NOVI
Varsity
49231 Grand River
1.96 mi. Black 5, of Wisom Exit
(810) 305-5300

PLYMOUTH
Hines Park
40601 Ann Arbor Rd. at I-75
1-800-530-MERC

ROCHESTER HILLS
Crisman
1183 South Rochester Rd.
Between Hamlin and Avon Rd.
(810) 652-4200

ROSEVILLE
Arnold
21000 Littleton
At 12 Mile Road
(810) 445-6000

ROYAL OAK
Diamond
241 N. Main St. at 11 Mile Road
(810) 541-8830

SOUTHFIELD
Star
24330 W. 12 Mile Rd. at Telegraph
(810) 354-4900

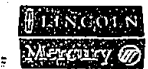
SOUTHGATE
Stu Evans
16850 Ford Street at Pennsylvania
(313) 285-8800

STERLING HEIGHTS
Crest
36200 Van Dyke at 15 1/2 Mile Rd.
(810) 939-6000

TROY
Bob Borst
1930 West Maple
Troy Motor Mall
(810) 643-6600

WATERFORD
Mel Farr
4178 Highland Rd. (M-39)
2 Miles West of Telegraph
(313) 683-9500

YPSILANTI
Sesi
950 East Michigan
9 Miles West of I-75
(313) 482-7133



At Your Metro Detroit Lincoln-Mercury Dealers

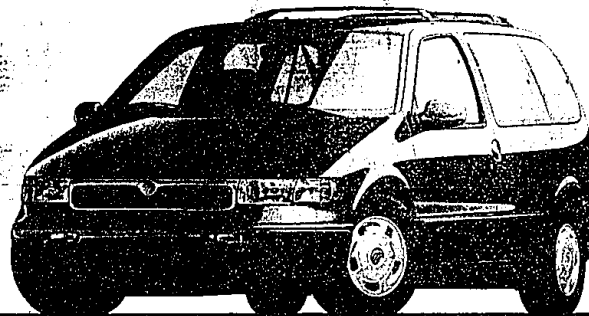
Big Savings On Versatility & Capability.

Standard Features: • 3.0-liter OHC V-6 engine • Dual air bags • Multi-point electronic fuel injection • Front-wheel drive • Tilt steering column • Power rack-and-pinion steering • Rear window washer/wiper • Solar tint glass • Electronic AM/FM stereo cassette • Front cornering lamps • Side window defoggers • Childproof lock on sliding door • GS Preferred Equipment Package 692A: • Power windows/locks • Dual power mirrors • 7-passenger seating • Luggage rack • 8-way power driver's seat • Aluminum wheels • Remote keyless entry • 4 captain's chairs • Rear seat heat/air conditioning controls

\$279¹ Or \$1,000² Cash Back
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Per Month, 24-Month Lease

24-Month 24,000-Mile Red Carpet Lease	
First Month's Payment	279
Down Payment	
Excess of Lease Cash Refund	775
Refundable Security Deposit	300
Cash Due at Signing	1,334



1997 Mercury Villager GS

¹ Villager GS with FEP 692A MSRP \$24,195 excluding title, tax and license fee. Lease payments based on average capitalized cost of \$849¹ of MSRP for Villager for 24-month closed-end Ford Credit Red Carpet Leases purchased in the Detroit Region through 11/30/96. Some payments higher, some lower. See dealer for payment terms. Lessee may have option to buy vehicle at low end of price negotiated with dealer at signing. Lessee responsible for excess wear/tear and mileage over 24,000 at \$15/mile. Credit approval/unsatisfactory determined by Ford Credit. Actual security deposit will vary depending on taxes and other fees. For special lease terms and \$1,000 cash back on a purchase or lease, take new retail delivery from dealer stock by 4/27/97. Total amount of monthly payments is \$696. See dealer for complete details. For \$1,000 cash back on a purchase or Red Carpet Lease of a 1997 Villager, take new retail delivery from dealer stock by 4/27/97. Excludes tax and other fees. Always wear your safety belt and seat children in the rear seat.

Standard Features: • Dual air bags • 5.0-liter V-8 engine • Sequential multi-port electronic fuel injection • Tilt steering wheel • CFC-free air conditioner • Solar tint glass • 100,000-mile tune-up interval** • Illuminated entry system • 4-wheel disc anti-lock brakes Preferred Equipment Package 655A: • Anti-theft alarm • Running boards • 6-way power sport bucket seats • Remote Keyless entry

\$349³
Per Month, 24-Month Lease

- All-wheel drive
- Standard V-8
- Running boards

24-Month 24,000-Mile Red Carpet Lease	
First Month's Payment	349
Down Payment	1,650
Refundable Security Deposit	350
Cash Due at Signing	2,349



1997 Mercury Mountaineer

See Your Metro Detroit Lincoln-Mercury Dealer Now.

² 1997 Mountaineer with FEP 655A MSRP \$31,190 excluding title, taxes and license fee. Lease payments based on average capitalized cost of \$851¹ of MSRP for Mountaineer for 24-month closed-end Ford Credit Red Carpet Leases purchased in the Detroit Region through 11/30/96. Some payments higher, some lower. See dealer for payment terms. Lessee may have option to buy vehicle at low end of price negotiated with dealer at signing. Lessee responsible for excess wear/tear and mileage over 24,000 at \$15/mile. Credit approval/unsatisfactory determined by Ford Credit. Actual security deposit will vary depending on taxes and other fees. For special lease terms, take new retail delivery from dealer stock by 4/27/97. Total amount of monthly payments is \$636. See dealer for complete details. Excludes tax and other fees. Always wear your safety belt and secure children in the rear seat. Under normal driving conditions with routine fluid/filter changes.

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