

HEALTHY LIVING



Honoree: Bloomfield Hills resident Dr. Ronald Wadle (far right) and his family were honored recently by Bi-County Community Hospital in Warren with the renaming of an educational room to the "Wadle Conference Room." Dr. Wadle is pictured here with (left to right) Bi-County VP and Chief Administrator Gary Popiel, Bi-County board member Beverly Hartman and his daughter, Rona Wadle.

Healthy Living spotlights Oakland County-related health and medical news and information. To submit information, write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham MI, 48009. Or fax: (248) 644-1314.

WADLE HONORED
Bloomfield Hills resident Ronald Wadle, D.O., and his family were honored recently by Bi-County Community Hospital in Warren with the renaming of an educational room to the "Wadle Conference Room."
"The osteopathic profession has been very good to me and my family," Dr. Wadle said in a statement. "My contribution is just a small paycheck." Dr. Wadle, a board certified urologist, moved to Michigan in order to complete his medical training. He then set up one of today's largest osteopathic urology practices in the nation, Tri-County Urologists, P.C., which excels in the training of future urologists. Dr. Wadle has been practicing for over 27 years. Dr. Wadle and his extended family have been involved in the osteopathic profession for many years. His parents, Elizabeth and Otto, aided in the development of an osteopathic hospital in New Jersey - Union Memorial Hospital. Dr. Ronald Wadle's brother, Rudi Wadle, practiced proctology at Union Memorial until he retired four years ago. Dr. Ronald Wadle's daughter, Rona, will carry on the osteopathic tradition. She is a senior medical student at Chicago College of Osteopathic Medicine and starting this July will intern at Bi-County.

WILLIAM BEAUMONT HOSPITAL
William Beaumont Hospital in Royal Oak recently received another dose of national recognition - this time for delivering top-quality health care in a cost-efficient manner. Beaumont Hospital was named to the 1997 "100 Top Hospitals - Benchmarks for Success" list created by health care information specialist HCIA Inc. and William M. Mercer, Inc. The annual list names hospitals that serve as performance "benchmarks" for the health care industry by delivering the highest quality and most cost-efficient patient care. Named in the category Major Teaching Hospitals, Beaumont was the only hospital in metro Detroit named to the list. On Dec. 10, 1997, Beaumont was named to *Fortune* magazine's list of "100 Best Companies To Work For in America" based on the quality of Beaumont employee programs.

Here is a list of upcoming programs offered by Beaumont Hospital.
■ **Childbirth Education Refresher** class, a review of the labor delivery process and relaxation and breathing techniques, for expectant couples is scheduled for Saturday, Feb. 28 from 9 a.m.-1 p.m. at the Beaumont Medical Building, First Floor Classroom, 6700 N. Rochester Road, Rochester Hills. Cost is \$25. Call 1-800-633-7377 to register.
■ **Baby Care and Safety**, a class teaching basic care for baby's first year of life, will be held Tuesday, Feb. 24 from 7 p.m.-10 p.m. at the Beaumont Medical Building, Conference Room A & B, 6900 Orchard Lake Road, West Bloomfield. Cost is \$20 per couple. Call 1-800-633-7377 to register.
■ **A Health Care Provider Class** for individuals in health-care related fields will provide instruction in life-saving techniques and Basic Life Support (BLS) certification. The class will be conducted Saturday, Feb. 28 from 8 a.m.-1 p.m. at the Beaumont Rehabilitation and Health Center, 740 Purdy, Birmingham. There is a \$40 class fee. Call 1-800-633-7377 to register.

ST. JOSEPH MERCY-OAKLAND
St. Joseph Mercy-Oakland Hospital offers a variety of programs and services designed to meet the health care and educational needs of the community. The following programs pertain specifically to rehabilitation services. For dates, times and locations, call the Mercy Health Line at 1-800-372-6094. The registered nurses and physician referral coordinators will be able to help you register, when necessary, for programs and classes.

■ **Adaptive Golf Clinic** - Run by therapeutic recreation specialists, and volunteer Warren Orlick, this clinic is aimed at helping individuals with a disability to successfully return to the sport of golf by adapting techniques or equipment. Orlick is a well-known golf professional and highly regarded individual in the community.

■ **Amputee Support and Education Group** - Open to amputees and their families and friends. Provides pertinent educational materials and covers medical management, recreation and more.

■ **Cardiopulmonary Rehabilitation** - Monitored exercise program that is progressive on an individual basis. Comprehensive education is also provided.

■ **Traumatic Brain Injury Support Group (TBI)** - Provides a national support and education. Encourages social opportunity.

■ **Center for Functional Rehabilitation** - Assists individuals with complicated pain to return to independent functioning while learning to reduce pain behaviors, manage flares and develop proper exercise and stress management techniques.

■ **Driver Rehabilitation** - Individual assessment of persons with disabilities to determine driving ability.

■ **Help for Hearing Loss** - Classes for those with hearing impairments, as well as their family members and friends. Run by certified audiologists, these classes help individuals cope with hearing impairments.

■ **Martial Arts Therapy and Fitness** - An innovative physical therapy program providing opportunity for handicapped children and adults to improve physical skill and self-esteem in a motivating environment.

■ **Occupational Therapy** - Provides medical occupational therapy services to individuals from infant to geriatric with temporary or permanent disability. Includes, but is not limited to those with stroke, traumatic brain injury, joint replacements, developmental disability, multiple sclerosis, amputations, arthritis, upper extremity orthopedic injury, peripheral nerve injuries, work-related injury and cardiac conditions. Treatment is aimed at assisting an individual in returning to his or her activities to their fullest potential through restoration, adaptation or compensation.

■ **Spinal Cord Support Group** - Provides emotional support, information on new medical advances and offers professional and peer-led discussions to provide educational resources.

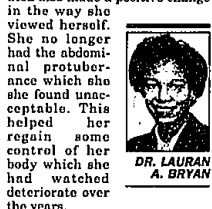
■ **Stroke Talks** - Designed to provide educational and emotional support. Assists in presenting topics and leading discussions directed to the participants. Helps the stroke survivor make the required adjustments in his or her lifestyle.

Body contours offer control

Our physical well-being and self-image are directly linked to our sense of esteem and contentment. Routine checkups are a standard part of most current health maintenance programs. Self-examination is an integral part of this process because it allows us to evaluate and monitor changes as they occur. You may want to include a body image checkup as part of your self-examination.

As a plastic surgeon, I have seen many examples of how a change in physical appearance positively effects a change in spirit. I am reminded of a former patient with multiple sclerosis who requested an Abdominoplasty or "tummy tuck" in order to comfortably lie on a beach with her husband while wearing a bikini. She underwent the abdominoplasty and later returned to thank me for changing her life, despite separating from her husband. She related that the physical changes I created also made a positive change in the way she viewed herself. She no longer had the abdominal protrusion which she found unacceptable. This helped her regain some control of her body which she had watched deteriorate over the years.

Body contouring allows us to enhance our control of those body irregularities that we perceive. There are many body habitus conditions that are not effectively managed with diet and exercise alone. These include, but are not limited to - the skin



DR. LAURA A. BRYAN

laxity caused by aging, weight loss and pregnancy.

Liposuction, thigh lift, breast lift and "tummy tuck" are some of the body contouring procedures that allow us to positively alter those conditions not completely controlled by diet and exercise.

Liposuction is indicated when excess fat is the primary problem, such as those inherited, localized fat accumulations.

However, skin resection is required when excess skin accompanies the excess fat. In these instances a "tuck" of "lift" is necessary to create the desired body contour change by removing the excess skin and/or correcting the skin laxity.

As the names indicate, a thigh lift, breast lift and "tummy tuck" address the skin redundancy and laxity in their respective areas. The aforementioned patient underwent a "tummy

tuck" which consists of creating an incision along the "bikini line" and removing unnecessary skin and fat from the abdomen. The procedure usually entails tightening the lining (or fascia) that covers the abdominal muscles. The result is an enhanced contour characterized by a firmer and more youthful appearance.

Body contouring is not a reasonable method of weight control because it changes size and girth more than weight. Diet, exercise and lifestyle remain the methods to control weight. Body contouring, however, can enhance control of your body image. It is this restoration of control that affords a positive change of mind.

(Laura A. Bryan, M.D., specializes in hand, plastic and reconstructive surgery. Her office is located at 26711 Woodward Ave., Suite LL-1 in Royal Oak. Call 248-684-0044 for an appointment.)

Physician of the Year



Award winner: Orthopedic surgeon Mark Kamil (far right) was recently selected Physician of the Year by his peers at Huron Valley-Sinai Hospital in Commerce. Kamil, shown here with (left to right) Elliot Joseph, DMC Senior Vice President, Oakland Region; Dr. Jeffrey Dembs, the 1996 winner and award presenter; and his father, Dr. Richard S. Kamil, received a plaque noting the honor at the annual Medical Staff Dinner/Dance at Wabek Country Club in West Bloomfield. Dr. Mark Kamil, a graduate of Michigan State University who earned his doctorate at Chicago Medical School, is on the Sinai Hospital staff and is Vice Chief of Surgery and the chairman of the Medical Records Committee at HVSH. He has also been in private practice with his father for the past 12 years.

Upcoming ALS seminar geared to aid caregivers

A conference designed for caregivers of people with ALS (Lou Gehrig's Disease) is scheduled for later this month in Southfield.

The ALS conference, coined "Meeting the Challenges of Caring; Sharing Techniques and Wisdom," will be conducted Wednesday, Feb. 18 at the Holiday Inn-Southfield.

The facility is located at 26555 Telegraph Road just south of I-696 near the corner of Franklin Road.

The day begins at 8 a.m. with registration/continental breakfast. This free seminar will cover a broad spectrum of topics of interest and importance to caregivers and the patients they care for.

You'll learn what to expect as ALS progresses, who to call when you need help, how to meet your patients nutritional needs, the benefits of home care and hospice, physical and occupational therapy techniques, legal concerns and more.

You will also learn how to be good to yourself. In addition, a delicious luncheon will be served from noon-1:15 p.m. with entertainment provided by humorist and speaker Carol Green.

If you take care of an ALS patient - whether you are a spouse, sibling, parent, friend or a medical professional - then you are a caregiver.

Registration forms must be received by Wednesday, Feb. 11.

For registration information, call the ALS of Michigan, Inc. at (313) 933-3ALS or 1-800-88-ALS-MI.

Plan ahead and enjoy Valentine's Day

If you or your sweetheart resolved to lose weight this year, here's some good news: You don't have to give up sweets on Valentine's Day.

The traditional belief about dieting was you had to deprive yourself of every "fattening" food you loved - while eating cottage cheese and tuna fish - in order to lose weight. Well, that was then but these days new wisdom based on scientific studies advises that healthy eating and activity patterns should be structured for the long-term.

In other words, you do not have to deprive yourself of your favorite treats. You merely have to plan for them. If you feel deprived, you're more apt to splurge during a craving. Instead, if you crave potato chips or chocolate, let yourself have a few chips or a piece of chocolate to fulfill that taste. But then move on and be sure you set limits ahead of time.

On days when you give in to those cravings, plan to exercise a little longer or cut out some fat in your other meals to compensate. There are so many healthy recipes and reduced-fat products available currently that you may even be able to enjoy some of your favorite luxuries, like chocolate, with a little less fat. A great way to satisfy a chocolate craving is with a warm cup of low-calorie hot cocoa.

So don't panic as Valentine's Day approaches and you suspect you'll be getting a heart-shaped box of chocolates. Just plan to savor the flavors for days to come, rather than indulging on all of it

at once. One piece of candy says "I love you" as much as a whole box of candy.

You might even consider sharing your sweetie.

Plan on cooking a romantic dinner at home rather than going to a restaurant. This way you will have control over your options and portions. To make it more fun, prepare the meal together.

When grocery shopping for that candle lit dinner for two, stick to a preplanned list. Avoid impulse purchases such as Valentine's cookies or chocolates just to have on hand. Chances are they will end up in your hand.

And don't forget, there is more to Valentine's Day than sweets. Take this opportunity to share funny stories, reminisce, or rent a classic love story. Learning about each other will strengthen your hearts; fatty treats can only damage your hearts.

With the weather as sunny and mild as it's been, why not enjoy an all-day outing together? Go for a romantic walk in the woods or take your Valentine ice skating on a nearby pond. The fresh air and solitude is invigorating and

you're getting good exercise at the same time.

Finally, if you really want to give from the heart this Valentine's Day, drop off your treats at a Children's Hospital or a shelter. You will certainly get more pleasure out of that than eating all those goodies yourself.

If you're looking for a delicious low-fat dessert to make for your loved one, try this Chocolate Mousse Pie. They'll never know it's low fat!

TALK TO THE MIRROR



FLORINE MARK

Chocolate Mousse Pie

Makes 8 servings

- 1 1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup reduced-calorie tub margarine
- 1 teaspoon unflavored gelatin
- 2 tablespoons boiling water
- 1/2 cup granulated sugar
- 1 cup unsweetened cocoa powder
- 1 cup evaporated skimmed milk (well chilled)
- 1 1/2 teaspoons vanilla extract
- 1 cup whipped topping
- 1 tablespoon confectioners sugar
- 1/2 teaspoon rum extract
- Unsweetened cocoa powder to garnish (optional)

1. To prepare pie crust, in medium bowl, stir together 1 1/2 cups of the flour, the salt and the baking powder. With two knives or pastry blender, cut in margarine until mixture resembles coarse crumbs. With fork, stir in 2-3 tablespoons water until mixture forms a soft dough. Gather dough into a ball.

2. Preheat oven to 350 degrees. Sprinkle work surface with the remaining flour. On floured sur-

face, roll dough into a 12" circle. Fit into a 10" pie plate, fluting edges. Line crust with foil; fill with pie weights or dried beans.

3. Bake crust 10 minutes; remove foil and weights. Bake 12-15 minutes longer, until golden, and set aside.

4. To prepare filling, in small bowl, sprinkle gelatin over 1 tablespoon cold water; let stand one minute. Add boiling water, stirring until gelatin is dissolved. Let stand five minutes.

5. In another small bowl, stir together sugar and cocoa. With mixer on medium speed, beat in milk and vanilla; increase speed to high and beat, scraping sides of bowl occasionally, until stiff. Add gelatin, beat until blended. Pour into pastry shell. Refrigerate at least two hours.

6. To serve, gently stir together whipped topping, confectioners sugar and rum extract. Spread on top of pie. Sprinkle with cocoa powder, if desired.

Per serving: 237 calories, 6 g protein, 9 g fat, 35 g carbohydrate, 224 g sodium, 1 mg cholesterol.

I read every one of your letters and I love your commentaries. Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, Mich. 48334-2974, or fax: (248) 553-7106.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)