

OAKLAND COUNTY HEALTHY LIVING

Grand openings

Advance Rehabilitation Clinic and Advance Chiropractic Clinic will stage a Grand Opening on Saturday, March 14. The event will run from 12 p.m.-4 p.m. in the Advance Rehabilitation Clinic at 33466 W. Eight Mile Road, Suite 111, in Farmington Hills.

Advance Rehabilitation Clinic is a Medicare, BC/BS certified rehabilitation agency, established in 1988 in Livonia. Today, the 4,000 square-foot facility in Farmington Hills is furnished with state-of-the-art equipment and provides first-rate service.

Advance Chiropractic Clinic was founded and is directed by Dr. Shula Makool, a licensed female chiropractic physician raised in Farmington Hills. Dr. Makool specializes in, but is not limited to, the treatment of auto accident cases, work-related injuries and slip and falls. She also treats conditions due to accidents, stress, headaches, neck pain, back pain, whiplash, leg pain, sciatica, and over exersing. People who attend the Grand Opening will have access to various specialties. The physical therapists on hand will offer complimentary fitness and postural evaluations and Dr. Makool will present gift certificates worth \$200 that will be good upon an initial visit by anyone who schedules an appointment at the opening.

Brenda & Anya's Aesthetic and Therapeutic Massage opened for business last week. Located at 6405 Telegraph Road in Bloomfield Hills, this facility specializes in facials and deep-tissue massage. Call (248) 723-6600 for more information.

ADD seminar

Family & Classroom Training & Resources reports that John F. Taylor, Ph.D., a prominent authority on Attention Deficit Disorder, will present a day-long seminar for parents and professionals entitled "Beyond Ritalin: More Answers to ADHD" on Saturday, March 14, 9 a.m.-6 p.m., at the Dearborn Hills Golf Course, 1300 S. Telegraph Road, Dearborn.

This public service/community outreach effort strives to strengthen families, decrease juvenile delinquency and reduce school dropout rates. Hard-to-find information and answers for high-achievers and parents are given. Topics include specific and practical methods for improving bedtime and mealtime routines, sibling harmony, cooperation on chores and homework, self-esteem and self-confidence, conscience and self-control, note-taking and studying improvements, friendship and apology skills, and marital and emotional stress reduction for parents. Also included are discussions of treatment options and recent brain chemistry research. CEUs and university credit are available.

Dr. Taylor is the author of "Helping Your Hyperactive A.D.D. Child," the "Answers to A.D.D." audio tape series, "The AD/HD Student at School" and the "A.D.D. School Success Tool Kit" video. A pioneering authority in this field, he wrote the first book providing extensive coverage of AD/HD family relationship issues entitled "The Hyperactive Child and the Family." The registration fee through Friday, March 13 is \$39, or \$49 at the door. For registration information, call (248) 988-0532.

Nutrition Health Fair

The first step toward leading a healthier lifestyle is to begin with a healthy diet. Crittenton Hospitals' Food and Nutrition Services department wants to aid that process by inviting you to attend the 10th annual Nutrition Health Fair from 8:30 a.m.-2 p.m. Thursday, March 26 at Crittenton Hospital in Rochester (1101 W. University Drive). This free event is offered in conjunction with National Nutrition Month. This year's theme is "Make Nutrition Come Alive - It's All About You."

The Nutrition Health Fair will feature free food samples, nutrition displays, games, contests, raffles, free waist-to-hip ratio measurements, prizes, cooking demonstrations, and finger stick testing for cholesterol and HDL. Registration is not necessary.

For additional information, call Crittenton's Food and Nutrition Services Department at (248) 652-5630, Monday-Friday, 8 a.m.-4:30 p.m.

Dental Assistants Recognition Week

This week (March 8-14) represents Dental Assistants Recognition Week. The Michigan Dental Assistants Association is a non-profit organization based in Lansing.

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

Low-fat diet requires calcium

A healthy low-fat diet is extremely important to your overall health, but equally important is a balanced diet. By balanced, I mean eating foods from all the food groups every day.

One important nutrient that many people overlook in their quest for a low-fat diet is calcium. Dieters tend to clear out dairy foods, and when they are trying to lose weight and think nothing of the nutrients they are possibly losing by avoiding them.

Calcium is crucial to our health. Without it, we become more susceptible to a crippling disease called osteoporosis. Osteoporosis usually doesn't show up in younger people, but that doesn't mean your youngsters are out of danger. In fact, the more calcium we consume at an early age, the less

likely we are to get osteoporosis when we're older.

Osteoporosis affects over 25 million Americans and porous bones contribute to the more than 1.5 million bone fractures Americans experience every year. These statistics are startling, but you may not have to become one of them. You can start today by adding more calcium to your diet.

Most adults need about 1,000 mg of calcium per day but some need more. Adolescents, young adults, pregnant women, post-menopausal women and seniors require about 1,200-1,500 mg of calcium per day.

Milk and milk products are packed with calcium. You don't have to drink whole milk to get calcium either. In fact, a cup of skim milk contains about 300 mg of calcium. That's almost one third of the recommended daily allowance. A cup of plain yogurt serves up 450 mg of calcium at approximately 125 calories.

Cheese also has calcium but it is high in saturated fat. Go the low-fat route with cheese to get almost as

much calcium. But if you want to avoid dairy altogether, there are other options. You just have to be a bit creative to get your calcium boost.

There are some brands of orange juice on the market that are calcium-fortified, bringing about 300 mg of calcium to every cup. There is no fat in orange juice and you'll also get the added benefits of vitamin C and other nutrients found in it.

Personally, I prefer to get calcium from greens. They are low-fat, low in calories and rich in so many essential vitamins. Dark green leafy vegetables such as chopped turnip greens, mustard greens and even kale are sure bets. A one-cup cooked serving of these will provide your body with about 200 mg of calcium.

Almost as good are okra and Swiss chard, which serve up 100 mg per cup. Add them to your favorite soups for a bone-strengthening meal. Even a cup of broccoli dishes up about 70 mg and you can add broccoli to just about anything.

So, dieters, don't be dismayed. You can strengthen your bones and main-

tain or lose weight at the same time. There are calcium and other nutrients in other food groups besides dairy. Even with milk products, you can choose the low-fat versions and still bone up on lots of calcium.

Osteoporosis is an all-too-common disease that can often be avoided with a healthy calcium-rich diet throughout your life. Whatever age you are, start taking better care of your body by giving yourself all the nutrients you need. You'll feel better and stronger and your body will thank you for it.

I read every one of your letters and I love your comments! 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. For more information on Weight Watchers call 1-888-3FLORINE.

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

TALK TO THE MIRROR



FLORINE MARK

Beaumont offering helpful programs

Beaumont Hospital's Helping Hands

If you are an older adult who needs assistance around the house but can't hire full-time help, you can find a helping hand through Beaumont Hospital.

"Helping Hands", a non-profit program managed by Beaumont's Department of Older Adult Services, provides companionship and personal assistance to independent-living and homebound senior citizens in the community. Services provided include assistance with bathing, shopping, meal preparation, light housekeeping and transportation. While Helping Hands workers can provide many types of basic assistance, they do not provide medical care or replace maid service. Helping Hands services are provided 24 hours a day, seven days a week. Minimum service provided is six hours per week for at least a four-week duration, and clients are billed on an hourly basis. For more information, call 1-800-328-2241.

For more information about the program, call Beaumont's Physician Referral Information Service at 1-800-633-7377.

William Beaumont Hospital's Division of Preventive and Nutritional Medicine is seeking volunteers for a research study of high cholesterol. Participants must be over age 18 (male or female) who have been diagnosed with high cholesterol.

Study volunteers will be placed on a special diet and some may receive a new cholesterol-lowering medication. All lab tests, physicals, EKGs and study medications are free of charge. In addition, participants will be compensated for their time and travel.

To volunteer or for more information, call Beaumont's Division of Preventive and Nutritional Medicine at 1-888-807-8839.

Beaumont's Division of Preventive and Nutritional Medicine is seeking volunteers for research studies testing new oral medications to help diabetics lower their blood sugar. Research volunteers must be age 18 or older, in generally good health and currently being treated with either diet or medications.

Volunteers will receive free diabetic information, medications, laboratory tests, physical examinations and EKGs. They will also be compensated for their time and travel.

To volunteer or for more information, call 1-888-807-8839.

Beaumont Hospital is currently seeking individuals with high blood pressure to volunteer for three research studies of new medications. Male or female volunteers age 18 or older are needed for these studies.

Female participants, in addition, must be of non-childbearing potential.

All laboratory tests, physicals, EKGs and study medications are free of charge. For more information, call any of the following: Beaumont Division of Cardiovascular Services at (248) 551-5986 or (248) 551-5560; Beaumont Clinic of Preventive and Nutritional Medicine at 1-888-807-8839; or Beaumont Ferndale Clinic at (248) 544-7614.

Beaumont Hospital's Department of Urology is seeking male volunteers with prostate enlargement to participate in a research study of a medication that may help ease the bothersome symptoms associated with this condition. Prostate enlargement is a non-cancerous condition that typically narrows the urethra, creating difficulty in urination and/or the urge to urinate frequently.

All medical testing and medications are free of charge. For more information, call (248) 551-3355.

Senior citizens with Medicare questions and concerns can get assistance through Beaumont's Department of Older Adult Services. The department's staff of trained retired volunteers can provide counseling on Medicare long-term care insurance and help assess insurance plans that supplement Medicare.

Call Beaumont's Senior Resource Line at 1-800-328-2241 to make an appointment.

Work together to build family fitness program

Question: Dear Myrna, spring will be arriving soon and everyone in my family is overweight. My children are young teenagers and the usual lazy type. My husband is a little athletic. How can I get everyone moving? Is there something to spark a little interest in exercise?

Answer: A very successful family fitness program can establish healthy, lifelong habits in children. And that's a great gift from any parent. Even if your family members are of different fitness levels, you can still do a number of things to get all family members involved in the healthy habit.

Spend the time together and talk about what activities your family members like the best. Make a list of activities that are aerobic, fun, and that there is speed walking, jogging, aerobics classes, and aerobic machinery (treadmill, Stairmaster, etc.). Choose one activity to start with. I suggest speed walking, which is a natural activity. Make sure you all agree on the time of day to take this energetic walk. Everyone might need to be flexible.

Now don't set your family goals too high. If some of your family want to lose weight, remember that muscle weighs much more than fat - you can't always count on the scale.

It's not a bad idea to have an exercise expert come to your home and instruct your family in proper abdominal exercise

and upper body fitness. The abdominal and upper body muscles respond to exercise more quickly than other muscle groups, so all of you might get faster, positive feedback. When you can actually see results, you are encouraged to keep plugging away. Mental attitude plays a big part here.

Make a commitment for one month. It is not long enough to be too intimidating but just long enough to start to see results. You are all looking for a long-term lifestyle change, not just a short sprint.

Another little tip is to tell your friends. Talk about it to others because this will help you stay into it. Nobody wants their friends to know they have failed at something so important.

Remember to reward yourselves constantly. A hiking trip to an interesting place might be fun.

Gradually change your activity; you don't want any dropouts. Your family can make that choice to shape up together and take control of your life and then do the same on every successive day. Some days it's easier to keep your promise of exercise than others. Be prepared for those negative workout days and mentally push yourself.

It is called boot-strapping each other. Just think. A happy family that exercises together, stays together.

(Myrna Partrich is co-owner of The Workout Co. in Bloomfield Hills. She is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation. Send questions or comments for Myrna to: Myrna Partrich, 805 E. Maple, Birmingham MI 48009.)

EXERCISING OPTIONS



MYRNA PARTRICH

Joint venture plans to educate, promote idea of good health

Area residents will soon have the opportunity to spend some quality time with the Beech Woods Wellness Center and Providence Hospital.

The two are joining to present a lecture event entitled "An Hour with Providence" on Tuesday, March 17.

The program represents a joint venture between the Beech Woods Wellness Center and Providence Hospital to educate the community on pertinent topics involved in the promotion of good health. Beverly Cameron, a registered dietitian, will conduct an informative seminar entitled "Eating on the Run" in conjunction with the March 17 event.

Cameron will show participants how to make meals in less than 30 minutes that are low in fat, cholesterol and sodium, discover their best fast-food choices and improve their label-reading skills to help cut down on grocery shopping trips. Handouts and sample menus will also be provided.

This seminar is free of charge, but pre-registration is required. The program will run from 10 a.m.-11 a.m. and take place in the activity room at the Beech

Woods Recreation Center, located at 22200 Beech Road in Southfield.

For additional information on the "An Hour with Providence" series or the Beech Woods Wellness Center, call (248) 354-9510.

Scleroderma meeting

Two subjects of special interest to scleroderma patients will be covered during a program slated for Sunday, March 21 in Southfield.

Participating Effectively In Your Own Health Care will be addressed by Dr. Denise Jacob Janice Kitzman, an occupational therapist, will talk about adapting household tasks for diminished limitations.

The program is scheduled for 1:30 p.m. in the Fisher Auditorium of the Providence Medical Building (22250 Providence Drive) in Southfield. There is no charge.

Scleroderma, also known as systemic sclerosis, is a chronic disease characterized by degenerative changes and scarring in the skin, joints and internal organs, and by blood vessel abnormalities.

For more information about the program, call the office of the Southeastern Michigan Chapter of the Scleroderma Foundation at (248) 443-0558.