

Arthritis Today

JOSEPH J. WEISS, M.D., RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 476-7860

ACHING WHEN ELDERLY - NOT JUST GROWING OLD OR FALLING APART

If you are over age 65 and note increasing joint aches, do not explain away your pain as old age. Joint pain has an explanation no matter how old you are.

The best example is in the diagnosis and therapy for polymyalgia rheumatica. In this condition, which usually strikes people over age 65, the predominant feature is stiffness. This stiffness is worse in the morning, and can be so profound as to make it impossible to dress or feed yourself before noon.

Treatment consists of low dose cortisone which reverses the stiffness and restores your health. In addition, the low dose of cortisone that you require means there is little chance that the ill effects of the drug such as hypertension, osteoporosis, or diabetes mellitus, will occur.

If you have such stiffness, don't believe you must bear it as the price of growing old. That attitude perpetuates your pain and delays relief as there is more illness to overcome when eventually you do see a doctor.

The same need to act holds for shoulder pain, back ache, trouble holding a cup of coffee, and difficulty walking. Don't explain away such impairment as old age. Medical attention at age eighty is as helpful as when you were eighteen.

Esposito from page A1

from the East Coast. People here are just so much warmer and more inclusive and so wonderful. I think that's why this is so tough on me."

Making the chamber more inclusive was certainly one of Esposito's strengths, according to Steve Pope, chairman of the board for the chamber and general manager of the Observer & Eccentric Newspapers.

"Maria has been one of the best chamber executives that I've ever had the opportunity to work with," Pope said. "During her tenure, the chamber has grown dramatically."

In her two years with the

chamber, Esposito has helped lead a boom in membership, topping 600 last year and 700 this year. With 710 current members, it is now the third largest chamber in the greater Detroit area.

Programming has also improved under Esposito. "Organization and visibility of the chamber has gone up in town and even in the region. It is regarded as one of the premier chambers around," Pope added.

A search to fill the position is under way, using chamber board members and others, Pope said. His successor and a selection will be made by the end of April.

Esposito said she will miss

members of the chamber board, staff and volunteers who "made my life a lot easier."

Mostly, though, she'll miss downtown Farmington.

"I love walking around during the day in the summer and at the (Founders) Festival. It's such a beautiful,



Moving on: Chamber President Maria Esposito said she'll mostly miss spending time in downtown Farmington.

small feel you don't get anywhere else. It reminds me of the small town where I grew up."

Racist from page A1

is one of four Jewish families who live on the block in the serene neighborhood.

"I felt violated," said Sandra Davidson-McVittie. "I felt like someone had entered my street and put things that I found reprehensible on the ground. I was mortified."

"Here I was going to work and they were all over. They were pretty much face down. So, I picked one up and it was soggy, and it gave me a terrible feeling."

An Anti-Defamation League spokeswoman said they are familiar with the group calling itself the European American Education Association.

"We are familiar with their distribution of literature, and we do like to be

kept informed of incidents such as this," said Nancy Buchek, Anti-Defamation League development director.

Residents are not sure why their street was targeted. Davidson-McVittie is not sure the culprits would know there are Jewish families.

She doesn't believe anyone in the neighborhood is involved, either.

"I know everyone says that, but that wasn't my first suspicion," said Davidson-McVittie, whose family has lived on Oakland for nearly 12 years. "It's quiet, friendly. It's a fairly close block. People are pretty close, given how communities tend to be these days."

Said Damon: "It was frightening that this mentality still exists."

Farmington Observer

(USPS 187-640)
Published every Sunday and Thursday by Observer & Eccentric Newspapers, 803 E. Maple, Farmington, MI 48033-0910. Principal office and ad. offices: Farmington, MI 48033-0910. Postmaster: Send address changes to Observer & Eccentric, Newspapers 803 E. Maple, Farmington, MI 48033-0910. Telephone 544-1100.

SUBSCRIPTION RATES

Carrier Delivery	Mail Delivery
One year... \$47.40	One year... \$50.00
One year (St. Citizen)... \$38.00	One year (St. Citizen)... \$44.00
One year (Out of State)... \$55.00	One year (Out of State)... \$55.00
One year (Out of Country)... \$65.00	One year (Out of Country)... \$65.00

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