

CHAT ROOM



Tom DeWard

Consumers can save lots of cash with know-how

Here are some ideas that can save you money. Take a few minutes to skim through each of them to see if they apply to you. Be aware that as you reach certain age levels, your automobile insurance premiums decrease, all other factors being equal. Major insurance carriers do not automatically decrease your rates when you reach a certain age. The decrease will not be effective until your next anniversary date. As most policies are renewed every six months, your particular decrease may not appear for a number of months. You are entitled to the decrease on your birthday. Call your insurance company on or prior to your birthday and request the new rate. Although you may not be successful, request a refund for past overcharges if you didn't call the insurance company and request a reduction. You shouldn't lose out just because you didn't call on your birthday.

If you live in an apartment and when you signed up for phone service, the phone company representative scared you into signing up for a maintenance contract relating to the inside wiring, cancel it immediately. The sales gimmick was that if your phone

Please see CHAT ROOM, B2

King & Queen of Hearts

Botsford couple pilots innovative cardiac center

This doctor husband and wife team oversees the new Botsford Cardiac Care Center, which is involved in a major international research project.

By MEGAN SPOWER
SPECIAL WRITER

Dr. T. Barry Levine reviews his most recent notes on MACH I. Preparing for an upcoming international conference in Vienna at which he will address his research team's findings, Levine beams with excitement.

Working on projects with names like MACH I, you'd think Levine was an astronaut and knew all about the speed of sound. Not true. In fact, the only speed this doctor cares about has to do with heart rates.

Levine, the director of the Michigan Institute for Heart Failure and Transplant Care at Botsford General Hospital in Farmington Hills, is charged with overseeing MACH I, which stands for Mortality Assessment in Congestive Heart Failure.

"It's exciting, an international study, and the headquarters are here at Botsford,"

That's just one of his many duties as the institute's director.

The institute, which opened last February during National Heart Month in the hospital's former emergency room, is the first of its kind in the world and

has made a great deal of progress in the past four months.

"Heart failure is a growing problem in this country and it increases with age," said Levine of Bingham Farms. "The older the population, the more likely you'll find heart failure. In fact, one in 10 people above the age of 75 will suffer from heart failure."

And while heart failure is a growing problem, Levine and the institute play key roles in addressing it. Traditionally, said Levine, there has been an imbalance on the treatment of heart failure.

"There's a lack of intellectual activity and investment at the level where the patients are being treated," he said.

"Eighty percent are being treated by primary care physicians and yet research and new advancements are

isolated universities, medical centers and inner city ghettos. And remember, trickle down theories don't work in medicine."

The solution? Bring research, aggressive medical therapy and physician accessibility straight to the bedside

Please see HEART, B3



Partners: Drs. Arlene Bradley Levine and T. Barry Levine review results of a patient Henry Fox's heart rhythm test in the new Botsford cardiac care center.

Be good to your heart

Dr. T. Barry Levine, director of the Michigan Institute for Heart Failure and Transplant Care at Botsford General Hospital, recommends the following to help prevent heart failure.

Keep moving "The No. 1 best thing you can do for your heart is exercise."

Please see BE GOOD, B3

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