

MEDICAL BRIEFS

Fibromyalgia talk

Dr. Martin Tamler, fibromyalgia specialist, will present a lecture on fibromyalgia and chronic fatigue 7 p.m. Tuesday, April 27, at the Livonia Civic Center Library. Registration is required. Call Sharon at (248) 544-0898. Donation is \$5.

Lupus support

The Northwest Suburban Lupus Chapter will hold its next meeting 7 p.m. Monday, April 19, at the Farmington Library, 23500 Liberty, Farmington. Margaret Sileck, L.P.N., certified carniosacral muscular therapist, will offer alternative methods for relaxation and stress. "Is Massage the Answer? How Can It Help Me?" Call Andrea Gray at (734) 261-6714 for information.

Volunteers needed

Hospices of Henry Ford Health System needs volunteers in Canton, Plymouth, Dearborn and the Downriver communities. Volunteers can help by visiting patients, either at home or a nursing home, to offer emotional support, companionship and comfort. All volunteers receive on-going training, support and a feeling of self-fulfillment. Call (313) 682-7382.

Prostate discussion

Prostate cancer is the most common cancer in men and the second leading cause of death in men. St. Joseph Mercy Hospital - Ann Arbor is presenting a panel discussion on prostate cancer 7 p.m. Thursday, April 16, in the Education Center auditorium on the campus of SJMH. Call Pam Coo, R.N., Please see BRIEFS, B5

By KIMBERLY A. MORTON
STAFF WRITER
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Beautiful people wearing nice clothes having a good time are some of the not-so-subtle advertising ploys used to market

tobacco products to young people. Today's youths have to be smart about the choices they make that are likely to significantly impact their long-term health status.

Thanks to an intensive six-hour educational curriculum titled Hazards of Tobacco, the entire seventh-grade student body in the Plymouth-Canton school district is benefiting from a program designed by the Barbara Ann

Karmanos Cancer Institute (Community Outreach Division) and Wayne State University (Department of Family Medicine).

The program arms students with the skills and attitudes necessary to refrain from using tobacco as well as alerting them to the potential health risks associated with cigarettes and smokeless tobacco.

"I don't tell the kids not to smoke, but I give them accurate knowledge to make healthy lifestyle choices and encourage

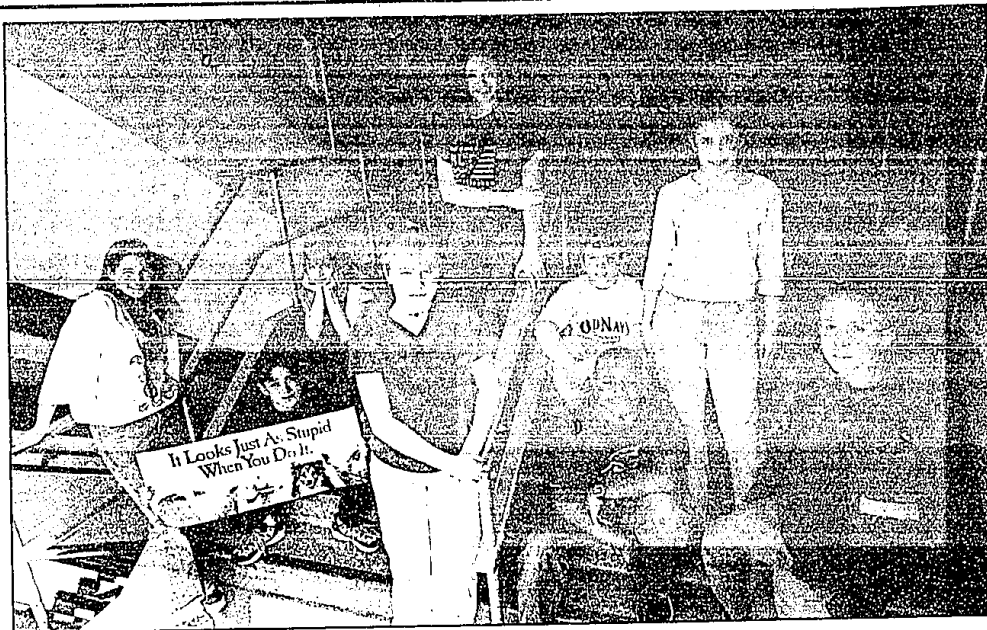
them not to smoke," said Debbie Madonna, Plymouth resident and H.O.T. program instructor.

"I think it is so important that we keep talking to that seventh-grade, middle school age group about not starting to smoke. I don't know if it makes any difference, but I do know that not talking about it doesn't help either."

Volunteer speaker

The curriculum uses a variety of teaching techniques from hands-on activities to role playing and team learning. One of

Please see SMOKING, B5



STAFF PHOTO BY PAUL ECKHARTMAN

Nonsmokers: Some of the Central Middle School students, from Plymouth and Canton, who participated in the Karmanos Hazards of Tobacco (HOT) prevention program include (left to right) Gracie Cameron, Jacob Pollack, Sara Greenfield, Kasi Nichols, Kim Peterson, Michael Newton, Virgil Humes, Lauren Gaines and Eric Suiech.

H.O.T. TOPICS

Students learn the Hazards of Tobacco during intensive six-hour program



Effects of smoking can last for a lifetime for you and loved ones

Smoking has many short- and long-term effects on your body. Changes begin with your first puff and become increasingly severe as you continue smoking. Here's what happens:

- After three seconds
 - Nicotine in the tobacco makes the heart work harder and faster.
 - Carbon monoxide replaces and reduces oxygen supply.
 - Blood pressure rises and pulse rate increases five to 20 beats per minute.
 - Skin temperature drops in the fingers and toes.

After one cigarette

- The action of the cilia, the cleaning system in the lungs, becomes impaired.

- Hot smoke can damage the delicate tissues in the mouth, throat, breathing tubes and lungs and leaves a sticky brown coating on the lungs.

- Blood circulation is reduced; it requires 30 minutes for body tissues to return to normal.

After many cigarettes

- Lung cancer causes more deaths than car accidents. Ninety percent of all lung cancers occur in heavy smokers.

- Coronary heart disease death rates are 1 1/2 times higher for smokers than for nonsmokers.

Please see HAZARDS, B5

Wayne State University
DMC Children's Hospital
of Michigan

Twelve Oaks

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Present
YMCA Healthy
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Sunday
April 18, 1999

1-4 p.m.

BIRMINGHAM
2400 E. Lincoln Street
Birmingham, MI 48209
(248) 644-9035

DOWNRIVER
3221 Fort Street
Wyandotte, MI 48192
(734) 281-2600

EASTSIDE
10100 Harper Avenue
Detroit, MI 48213
(313) 921-0770

FARMINGTON
28100 Farmington Road
Farmington Hills, MI 48334
(248) 553-0020

HURON VALLEY
305 Caroline Street
Milford, MI 48381
(248) 685-3020

LAKESHORE
23401 E. Jefferson
St. Clair Shores, MI 48080
(313) 267-6300

LIVONIA
14255 Stark Road
Livonia, MI 48154
(734) 261-2161

MACOMB
10 N. River Road
Mt. Clemens, MI 48043
(510) 458-1411

NORTHWESTERN
21755 W. Seven Mile Road
Detroit, MI 48219
(313) 533-3700

SOUTH OAKLAND
1016 W. Eleven Mile Road
Royal Oak, MI 48067
(248) 547-0030
*will be held April 10

WARREN
8777 Common Road
Warren, MI 48093
(810) 751-1050

WAYNE-WESTLAND
827 South Wayne Road
Westland, MI 48185
(734) 721-7044

WESTERN
1601 Clark Street
Detroit, MI 48209
(313) 554-2138

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April 17 & 18, 1999



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