

## MEDICAL BRIEFS

### Chemical sensitive

The Multiple Chemical Sensitivity Friends (MCS) is a support group for anyone hypersensitive to any chemical/environmental irritant such as smoke, fragrances, cleaning supplies, construction materials, etc. An informal meeting will be held from 2-5 p.m. Saturday, Feb. 12 at the First Congregational Church in Wayne. There will be a discussion of plans and costs for the observance of Multiple Chemical Sensitivity Month in May. Call (248) 349-4972.

### Restless leg

Do you have legs that uncontrollably move? Especially at night or during a resting period. There are ways to relieve the condition. A support group meets every other month, at no cost, at OptiEyes in Westland (15184 Central City Parkway). Call to determine the next scheduled meeting.

### Worksite wellness

The University of Michigan Health Management Research Center is having a conference on worksite wellness on March 22 titled "Wellness in the Workplace." This year's theme is "Reaching one person at a time." The event is open to the public. Registration fee of \$95. People should call (734) 763-2462 for more information. The event is at the Michigan League. The conference includes a continental breakfast and lunch. Speakers are from various companies including Genesys Health System and Prudential and will speak on individualized health promotion and evaluation in the workplace. Dr. Dee Edgington from the University of Michigan Health Management Research Center will also speak.

### OT as a career

Pi Theta Epsilon presents "Exploring Occupational Therapy Career Directions," from 8 a.m. to 4:30 p.m. March 9 at Wayne State University's student center (second floor). A continental breakfast served during the registration period from 8-9 a.m. For more information please call the WSU Occupational Therapy Department at (313) 577-1435.

### Low back pain clinic

Oakland Physical Therapy presents "The Latest Advances in Exercise for Low Back Pain," at 7 p.m. Thursday, Feb. 3. This lecture demonstration is for all individuals interested in preventing low back pain, especially those with pain that interferes with daily living, sports or occupation. It will be held in the Residence Park Medical Center, Suite B124, 7801 Grand River Ave. in Novi (at Grand River and Beck Road). Registration required: (248) 380-3560.

### Prostate screening

St. Mary Hospital will host a prostate cancer screening day from 8 a.m. to 5 p.m. Saturday, March 4, in the St. Mary Pavilion (14555 Levan). The screening is free and provides a prostate exam by a physician, blood test to measure the Prostate Specific Antigen (PSA) level and educational material. Pre-registration is requested by calling (734) 855-8940.

**We want your health stories!**  
There are several ways you can reach the Observer Health & Fitness staff. Send us your stories, photos, or audio recordings to: **Health & Fitness**, c/o The Observer, 10000 Schoolcraft Road, Livonia, MI 48150. We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

**CALL US:**  
(734) 954-2111

**WRITE US:**  
Attention: 2 Column Health & Fitness  
Specialty: Diet, Nutrition, or Health  
Address: 10000 Schoolcraft Road  
Livonia, MI 48150

**FAX US:**  
(734) 971-7279

**E-MAIL US:**  
health@observer.com

## On the 'Sidelines'

### Organization helps women overcome the hurdles of high-risk pregnancy

By KURT KUBAN  
SPECIAL WRITER

Confining to her hospital bed, Kelly Iles's view of the world was becoming dimmer. Five weeks without a change of scenery can grow old on anyone. For Iles, a Livonia resident who was pregnant at the time, being bedridden was particularly stressing. Not only was she concerned about the health of her baby, she was also worried about how her husband and children were getting along at home without her.

Plagued with a condition known as a complete previa, which is when the placenta shifts and blocks the baby's passage through the cervix, Iles was considered to have a high-risk pregnancy. Throughout her five-week ordeal at St. Joseph-Mercy Oakland Hospital, she constantly fought through complications, labor contractions, and the nasty side effects of various medications.

Isolation began to set in. "Why is this happening to me?" Iles started to wonder. Then, with the help of a hospital official, Iles was introduced to the Sidelines National Support Network, which in turn introduced her to another woman who had just faced similar adversity through her own pregnancy. This woman, a volunteer with Sidelines, told Iles all about her bed rest experiences, and the stories sounded very familiar.

Every conversation that Iles had with this volunteer made her feel more at ease about her own predicament, and her depression began to fade. So, with added strength from knowing someone else had been through her, Iles continued to fight through her pregnancy. Although her baby was born two months premature, the result was a healthy daughter, named Casey, who was born last August.

"You try to keep your baby as long as possible.

Every week makes a big difference in its development. One week could be the difference between the baby being blind, or having undeveloped lungs," said Iles, who went into labor six times.

"There is a point when you think 'Is it worth going through this?' because you don't know if you are going to have a healthy baby.

Being able to talk with someone that experienced a similar situation gives you a little bit of hope and insight to keep looking forward and to be positive."

With 35 chapters nationwide, the nonprofit Sidelines is made up of women who have shared similar experiences as Iles, having gone through high-risk pregnancies that caused them to be bedridden, either at home or in a hospital.

"Being bedridden while pregnant is very scary," said Amy Meylan, a coordinator for Sidelines in Michigan/Wisconsin chapter. "Our overall goal is to give emotional support. We want to help these women get through the rough times. And there are going to be rough times when you are pregnant and bedridden."

Meylan has plenty of firsthand knowledge about such times. Back in 1985, Meylan was bedridden for over three months during a high-risk pregnancy. "I had no support to help me with my problems. I felt like I was all alone. I had no idea a group like Sidelines was out there. When I saw a story about it in a national magazine sometime later, I wanted

to get involved because of what I had gone through," Meylan said.

In 1996, after realizing the closest chapter was headquartered in Wisconsin, Meylan and another woman, Jamie Nichols, formed a local satellite chapter headquartered in Auburn, just north of Saginaw.

Since that time, volunteer numbers within the group have soared to 125. In fact, Meylan estimates that 70 percent of the women who are helped by Sidelines end up becoming volunteers after their pregnancies. The main objective of the group is to match a volunteer that has had the same physical condition of the woman who is seeking support. Many times, this can be achieved with a volunteer within the local chapter, but sometimes a match must be found somewhere else in the national network.

Sidelines services are not limited to the weekly conversations volunteers have with the women who seek help. The group also sends a wealth of information to the bedridden woman, offering advice on a host of topics such as keeping a journal, remaining emotionally balanced, breastfeeding, educational and medical resources, maintaining personal hygiene and handling visitors.

Grateful for the help that Sidelines had provided her, Iles has now become a volunteer herself.

"Being bedridden for most of your pregnancy, you may think your story is the worst story, but then, through Sidelines, you find out about someone who was in worse shape and had a healthy baby. Knowing this gives you such emotional support," Iles said.

For more information about Sidelines National Support Network, contact Jamie Nichols or Amy Meylan at (888) 743-3540 (toll free, MI only). The group also has a Web site at [www.sidelines.org](http://www.sidelines.org).

## Madonna University to offer advanced nursing degree

Anticipating the future career needs of nurses, Madonna University will offer a new master's degree and certificate program with an adult nurse practitioner (ANP) specialty. The program, which begins in January 2000, prepares nurses to diagnose and manage primary health needs of adults.

According to the U.S. Bureau of Labor Statistics, future career opportunities will be best for nurses with advanced education and training, such as nurse practitioners. Overall, the Bureau predicts that employment of registered nurses is expected to grow faster than the average, or 21 to 35 percent, for all occupations through the year 2006.

The adult nurse practitioner specialty provides the advanced practice nurse

with the knowledge to make sophisticated health management decisions," said Dr. Mary Wawrzynski, dean of the College of Nursing and Health. "This will benefit them in increasing number of complex procedures, which once were performed only in hospitals, are being carried out in physicians' offices and clinics."

The adult nurse practitioner and specialization will be offered as a master of science in nursing (MSN) degree, as well as a post-master's certificate for nurses who already possess an MSN.

Upon completion of either the master's degree or the certificate, students will have the educational theory and clinical practice necessary to take the National Adult Nurse Practitioner Certification exam through the American

Nurse Credentialing Center and become licensed as a Nurse Practitioner in the state of Michigan.

Students enrolled in the program will benefit from the expertise of faculty members who are active nurse practitioners.

"The nursing faculty are pleased and excited to now offer the adult nurse practitioner specialty and post master's certificate. The nurse practitioner specialty will allow our graduates to work in multiple advanced practice settings, offering comprehensive primary health care in collaboration with other health care providers," commented Betty Dornbrook, assistant professor and a nurse practitioner.

Dornbrook will coordinate the program with Deborah Dunn, also an

assistant professor and nurse practitioner. Assistant professors Gail Lis and Theresa Jamison, nurse practitioner, will teach in the program along with Dunn and Dornbrook.

For the convenience of students, classes will be scheduled in the evenings and other suitable times.

"We recognize that students who enroll in the program will most likely be working adults, so we have designed the program so it can be completed on a part-time basis," said Dr. Edith Raleigh, dean of graduate studies.

For information about the master of science in nursing with the adult nurse practitioner specialty, call Madonna University's graduate studies office at (734) 432-5667 or e-mail [muinfo@mu.edu](mailto:muinfo@mu.edu).

## MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail [kmorison@home.com](mailto:kmorison@home.com) or faxed to (734) 591-7279.

### ONGOING

**ADULT CHILDREN OF ALCOHOLICS**  
Adult Children of Alcoholics and dysfunctional families gather everyday for 12 step support group meetings in the metro area. To find a meeting near you call (248) 988-0873 or write: ACA, P.O. Box 401483, Redford, MI 48240-9489, for information.

### AA & ALANON

Alcoholics Anonymous & Alanon meeting meets Wednesday and Sunday from 8:30-9:30 p.m. at Garden City Hospital North Entrance (5254 Inkster Road) at Garden City. Contact (248) 641-6065 or (734) 776-3415. Everyone's welcome. "Alanon meeting" Sunday ONLY.

### BLOOD PRESSURE SCREENINGS

Marquette House, a residential assisted living facility in Westland, will hold blood pressure screenings every fourth Tuesday in conjunction with Visiting Nurse Association. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 69000 Campus Drive (across from John Glenn High School). Call (734) 226-6537 for information.

### MON, JAN. 31

BLOOD DRIVE

Red Cross Blood Drive, from 7 a.m. to 5 p.m. at St. Mary Hospital. Call (734) 855-2980 to make appointment.

### WED, FEB. 2

**DIABETES SUPPORT**  
Meets the first Wednesday of each month at 2:30 p.m. and 7 p.m. at Garden City Hospital. Guest speakers and open discussion provide information and support. You must RSVP to (734) 458-4330.

**CHILD & INFANT CPR**  
Offered monthly at 7 p.m. at Garden City Hospital. Infant/child resuscitation and obstructed airway techniques are taught in the three hour class, approved by the American Heart Association. Call (734) 458-4330 to register.

**SIBLING CLASS**  
A special night devoted to siblings which will help prepare them for the arrival of the family's new baby. Class time is 90 minutes and is recommended for children three to eight years of age. Call Garden City Hospital, 458-4330 to register.

### THUR, FEB. 3

**NUTRI TOTS**  
Learn how to develop good eating habits in young children ages 2-4. Designed for parents and children, with separate classes held concurrently. Includes cooking demonstrations, recipe packets, food samples, food tasting and fun for all. Second class is at a local supermarket; parents only for that class. Thursdays, Feb. 3-17 from 11 a.m. to 12:30 p.m. Call St. Joseph Mercy Hospital (734) 827-3777. Class held at Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle).

### SAT, FEB. 5

**CARDIAC LIFE SUPPORT**  
Prerequisite for initial training: proof of current Health Care Provider BLS card. Retraining: proof of current Health Care Provider BLS card and current ACLS certification. Class is offered Saturday and Sunday, Feb. 5 and 6 from 8 a.m. to 5 p.m. at Saint Joseph Mercy Hospital/Michigan Heart & Vascular Institute (734) 712-2948.

**PUBERTY/GROWING UP**  
"A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up," provides both mothers and daughters ages 9-11 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Ann Arbor class from 1-5 p.m. at Ann Arbor St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive, Ann Arbor. Call (734) 712-3456.

### MON, FEB. 7

**THYROID SUPPORT**  
The Southeastern Michigan Support Group will meet at 6:30 p.m. Dr. Kaplan, endocrinologist will begin speaking at 7 p.m. All meetings are at the Plymouth Library. Call Tracy Green for a reservation (734) 453-7945 or e-mail at [mitag@mediasone.net](mailto:mitag@mediasone.net).

**HEART PALM**  
Support offered for cardiac patients and/or their significant others. Discussion, education and camaraderie are the focus. From 7-9 p.m. at Garden City Hospital. Call 458-3242.

**WEIGHT LOSS APPROACHES**  
Become familiar with the benefits and risks of various weight loss approaches, and determine which method best

suits your needs. High-protein diets will be discussed. Class runs from 7-8:30 p.m. at St. Joseph Mercy Hospital - Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle). Call (734) 827-3777.

### THYROID SUPPORT

The next meeting of the Michigan Thyroid Support Group will be held at 7 p.m. at the Plymouth District Library. Dr. Michael Kaplan, an endocrinologist from West Bloomfield will speak. For more information visit founder <http://community.nlive.com/cc/thyroid>

### WED, FEB. 9

**ALZHEIMER'S SUPPORT**  
A support group for family members, friends and caregivers of persons afflicted with Alzheimer's Disease or related disorders. Meetings provide mutual aid and support as well as affording the opportunity to share problems and concerns. Sponsored by the Alzheimer's Association and is free of charge. Group meets at 7 p.m. in Classroom #1 of the Garden City Hospital Medical Office Building. Call 458-4330.

### POSITIVE PARENTING

Five-week course helps parents with children of any age learn why children misbehave and how to redirect their actions. Class runs from 6-9 p.m. Wednesday, Feb. 9-March 8. McAuley Mental Health Services, 2006 Hogback, Ann Arbor/Saint Joseph Mercy Hospital. Call (734) 712-2656.

### THUR, FEB. 10

**FOCUS ON LIVING**  
A self-help group designed to bring together persons living with cancer. A

Please see DATEBOOK, D4