MEDICAL DATEBOOK

welcome from all hospitals, physicians, companies and resi-dents active in the Observerdents active in the Observer-area medical community. Hems should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 School-craft, Livonia 48150, e-mali rekoglund@e. homecomm.net 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.

MI 48240-9489, for information.
AA & ALMON
Alcoholica Anonymous & Alanon
meet Wednesday and Sund
from 8:30-9:30 p.m. at Garden
City Hospital North Entrance
(6254 Inkster Road) at Garden
City. Contact (248) 541-6565 or
(734) 776-3415. Everynon's welcome. Alanon meeting Sunday
only.

only. SLOOD PRESSURE SCREENINGS Marquette House, a residential assisted living facility in West-land, will hold blood pressure land, will hold blood pressure screenings every fourth Tuesday in conjunction with the Visiting Nurse Association. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 36000 Campus Drive (across from John Glenn High School). Call (734) 326-6537 for information.

information.

Whent Loss CLUB

The Merry Bowl Trimmers Club, a weight loss support group, meets at 7 pm. every Tuesday at the Livenia Senior Civic Center, 16218 Farmington Road. The program is open to both men advomen. The cost is 34 a month. Call (734) 426-5876 for more information.

TUES, MARCH 21

Adina Anh Bernory
The Henry Ford Medical CenterFairlane will sponsor "Update or Aging and Memory," a free lecture from 11 a.m. to 12:30 p.m. at the medical center, 19401
Hubbard Drive at Evergreen in Dearborn. To register, call (313)
982-8384.

982-4384.

Lyme Disease Support
Group will meet at 7 p.m. at the
First United Methodist Church,
3 Towne Square, Wayne. Call
Connie, (734) 362-3502 for more
information.

WED, MARCH 22

ARTHRITIS SELF-HTLP
St. Mary Hospital and the
Arthritis Foundation (Michigan Chapter) are sponsoring an Arthritis Self-Help Course, Wednesday, March 22, March 29 and April 5 from 1 to 3 p.m. in the West Addition Conference Room B, St. Mary Hospital. The course provides arthritis education and akill building to help participants take a more active part in their arthritis care. People with arthritis or related diseases such as lupus, fibromyaliga, or seleroderma will benefit from this course. The cost is \$20 per person and registration is required. Classes are limited. St. Mary Hospital is located at Five Mile and Levan in Livonia. For more information or to register, more information or to register, call (734) 655-8940.

VEGETARIAN COOKING

VERTARAN COOKING
Learn to cook a healthy breakfast, including tofu sausage and
miso tea with "Macro Val" from
6-9 p.m. at 30561 Krauter, Apt.
3 C, Garden City. For more
information, call (734) 261-2856.

MARCH 22-MAY 2

THATCH 22-WAI I EFOOD FOR HOUSING HEALTH
The Tree House in Farmington, 22906 Mooney Street, offers a seven-week class 7-9 pm. every Wednesday. Learn the five rites of Tibetan exercise and why Jack LaLane is still strong at age 85.
Call (248) 473-0624 to registor.

THUR, MARCH 23

STRONG DAUGHTERS
Parents of pre-adolescent girls
age 5 and up can develop practi-

cal strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. Calls runs from March 23 through April 13 from 7-8-30 p.m. at 81, Joseph Mercy Canton Health Center - 1800 S. Canton Center Road. Call (734) 398-7557.

7557.

HIV/AIDS SUPPORT GROUP
HIV/AIDS heterosexual support group and family is speasored by Friends Alliance and meets the second and fourth Thursday of each month. Aldersgate United Methodist Church, 10000 Beech Daly, between Plymouth and W. Chicago in Redford. For more information call Kathleen (800) 350-7927.

SAT, MARCH 25

cents in sports Event is for girls ages 11-18 who are active in sports, their par-ents and coaches. Learn ways to reduce girls' risk of bone, joint and muscle injuries wh improving strength and flexibility. Don't miss a special talk by swimmer and Olympic gold medalist Annette Salmeen. medalist Annette Salmeen.
Includes breakfast sineck and
lunch. Call to rogister. Program
runs from 8,30 a.m. to 3:15 p.m.
St. Joseph Mercy Hospital Education Center, 5301 E. Huron
River Drive. Call (784) 712-3456.

SUN. MARCH 26

SCLERODERMA DISCUSSION The Michigan Chapter of the Scieroderma Foundation feature Dr. E. Newton Re berg, who will discuss "Manage-ment and Treatment of Sciero-derma," at 1 p.m. Classroom 2 of the Administration Building, William Beaumont Hospital, 3601 Thirteen Mile Road, Royal Oak.

WED, MARCH 29 RESTLESS LEG SYNDRO

PESTLES LEQ SYNDROGEE

Do you or someone you know suffer from restless leg syndrome? There is support available and a wealth of new information. A Restless Leg Support group meet a every other month at OptimEyes in Westland (across from Westland Shopping Center) on Central City Parkway. An area dictitian will speak and a video will be shown at 2 p.m. in the OptimEyes communty meeting room. For information tall Jan Prentice at (734) 453-4847. 453-4847.

VEGITARIAN COCKING

Learn to cook for your sweetle—
hot and spicy peanut butter tofu
stir-fry, sweet potato chips—
with "Macro Val" from 6-9 p.m.
at 30561 Krauter, Apt. 3C, Gardan Citt. Even men information den City. For more information, call (734) 261-2856.

SAT, APRIL 1

The Fragile X Syngates Support Group will meet from 7-9 j.m. at William Beaumont Hospital. 3601 W. Thirteen Mile Rood, Royal Oak, in the Administration Building, first face? Johnston Building, first face? Johnstone Gloing rooms A and S. Fet more information, call (346) 573-3045.

SUN, APRIL 2 ALOPUCIA ARRATA
Hair loss disorders are es rant loss ensorders are emotionally distressing. "Alopsein Aresula Answer Day" will be held noon to 4:30 p.m. at the Lawrence Technological University (Science Building, Auditorium S-100) in Southfield. To register, call (734) 420-4156.

SAT, APRIL 8

SAI, APRIL 8
PILLIARY DESCRICES
The Pituitary Disorders Education and Support Group will
meet 11 a.m. at the Brighton
District Library, 200 Charles H.
Orndorf Drive, Brighton (near
Meijers and St. Joseph Mercy
Medical Bullding on Grand
River). Dr. Nasir Ul Haque,
board certified in both pediatric
endocrinology and internal
medicine, will be the main
speaker. For more information,
call (310) 227-5615 or e-mail
sully@ismi.net.

Fatigue from page D4

CFS patients in their 20s to early 50s. She looks at all factors in a patient's life, from nutrition to family stressors, and she physically checks for skeletal

After ruling out all known medical factors, including virus-

es, she discusses treatment; rest,

cs, she discusses treatment: rest, pacing themselves, exercise and anti-depressants.
"Depression is part of it whether or not the patient recognizes it," she said. The depression could be reactive or primary, "but they won't acknowledge

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they're depressed."

Many CFS patients are "super vigilant" of their own physiology, said Schmidt. "A gas bubble rattling in their intestine is a major

thing."

She also has prescribed Val-trex, but at the standard dosage.

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Rarbe Pastites

Some of her patients are doing well on the drug. Sometimes doc tors have to break new ground, she said. "If I just practiced evi-denced-based medicine, I would not be a risk-taker with my

Lerner knows treating CFS as

Wayr

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. Royal Oak

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Clarkstor

a virally-induced heart disease is controversial, but after a long career he is willing to take that risk. "I've always been in step. I've never been in this condition

of being out there all by myself.

... Every new paradigm in medicine has been greeted with

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However, he discounts any inference that Valtrex is a place-bo. "If this is a placebo, I'm probably the best hypnotist I know."

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