

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 News-papers, 36251 Schoolcraft, Livonia 48150, e-mail: rskoglund@oe.com or faxed to (734) 591-7279.

MON, MARCH 19

GAMBLING
St. Mary Mercy Hospital is offering a class to address the consequences of gambling 6-7:30 March 19 in West Addition B. Pre-registration is requested. Call (734) 655-2944. St. Mary Mercy Hospital is located on Five Mile and Levan in Livonia. Use the South Entrance off Levan Road.

MARCH 19, 22
PLASTIC SURGERY
The University of Michigan's Center for Facial and Cosmetic Surgery will host two events to familiarize patients with plastic surgery and answer questions about facelifts, eyelid lifts, forehead lifts, laser resurfacing, skin care and botox injections. The sessions are free and limited to 10 participants per session. Pre-registration required. Call (734) 432-7634.

WED, MARCH 21

DYSLEXIA
The Dyslexia Support Group will meet 7-9 p.m. at the Michigan Dyslexia Institute-Detroit Metro Center, 30230 Orchard Lake Road, Suite 130, Farmington Hills. Mary Rodriguez, a member of the Plymouth-Canton Special Education Advisory Committee, will discuss special education law and the IEP as related to students with dyslexia. Call (248) 737-0044.

THUR, MARCH 22

BREASTFEEDING
St. Mary Mercy Hospital will offer a breastfeeding class 7-9 p.m. in West Addition A. The class, led by a certified lactation specialist, is designed for expectant mothers in their seventh and eighth months of pregnancy. Class focuses of techniques, benefits, working moms' issues, and a review of breastfeeding pumps. Cost is \$20. Pre-registration is requested. Call the Marian Women's Center at (734) 655-1100 or toll free at 1-800-494-1615. St. Mary Mercy Hospital is located on Five Mile and Levan in Livonia. Use the South Entrance off Levan Road.

FRI, MARCH 23

BLOOD DRIVE
The American Red Cross will hold a blood drive 1-7 p.m. at the AMVETS Post 171, 1217 Merri-man Road, Westland.

SAT, MARCH 24

CHIROPRACTIC WORKSHOP
The Tree House for Earth's Children in Farmington will sponsor a workshop on the "Sympathetic Nervous System and Receptor Based Therapeutics" presented by Dr. Richard Bray, D.C. 10 a.m. to 5 p.m. All-organic lunch provided. Workshop cost is \$50. Seating is limited. To register, call (248) 473-0624. The Tree House is located at 22906 Mooney Street, one block west of

Orchard Lake off Grand River in Farmington.

PITUITARY DISORDERS
The Pituitary Disorders Education & Support groups meet 9-11:30 a.m. at the Zeigler Center community room next to Botaford Hospital, 28050 Grand River Ave., Farmington. Dr. George Leach from Endocrinology & Nuclear Medicine will be the guest speaker. Continental breakfast provided. RSVP by calling 1 (810) 227-5615 or e-mail: pituitary@mediane.net

YOGA DAY
St. Mary Mercy Hospital will offer a Day of Yoga 9:15 a.m. to 4:45 p.m. in the Auditorium. Proceeds will benefit victims of the recent earthquake in India. Classes are offered throughout the day and participants can choose to attend as many sessions as they wish. Suggested donation of \$10 per class or \$36 for all four classes. Pre-registration recommended. Call (734) 655-2907. Wear exercise clothes and bring an exercise mat or towel. St. Mary Mercy Hospital is located at 34675 Five Mile Road in Livonia. Use the Five Mile Road entrance.

SUN, MARCH 25

ALCOHOLICS ANONYMOUS
Join the Alcoholics Anonymous support group at Garden City Hospital beginning 8 p.m. in celebrating their 24th anniversary. Coffee and cake will be served. The hospital is located at 52415 Inkster Road, Garden City. Call

Woody at 1 (734) 729-0520.

MARCH 26, 28, APRIL 2, 4, 9

DIABETES CLASS
To help diabetes 18 years of age and over, St. Mary Mercy Hospital in Livonia is offering a program entitled "Taking Charge of Living with Diabetes." This three-week series provides information on self-care and successful management of diabetes 7 to 9 p.m., on Mondays and Wednesdays in Pavilion A. Pre-registration is required by March 19. Fee: \$100. Senior citizens 65 years of age and over receive a 10 percent discount. To register, please call (734) 655-8940 or (800) 494-1650 for out-of-town callers.

THUR, MARCH 29

CHIROPRACTIC CLASS
Dr. Patrick Jary will offer "Health Through Chiropractic," a free lecture/discussion on the benefits of chiropractic care 7:30-9 p.m. at Jary Chiropractic, 27527 Joy Road (1/2 block west of Inkster), Westland. He will discuss basic human anatomy, differences between traditional medicine and chiropractic medicine, and how to improve and preserve your health. Seating is limited. Reservations required. Call (734) 522-5501.

SAT, MARCH 31

FEMALE PROBLEMS
Suffering from depression, mood swings, hormonal imbalances, hot flashes, irritability and restlessness nights? This program includes natural prescriptions for relief of female related problems. Diet and energy work will also be included. Presented by Dr. Mark Roby, N.D. 11:00 a.m. to 12:30 p.m. at BodyWorks Healing Center, 819 N. Mill Street, Plymouth. Cost: \$35. Reservations required. Call 734-416-5200.

PRO-LIFE CONFERENCE
Michigan Nurses for Life and Educational Center for Life will sponsor "Life's Beginnings...to be or not to be" 8 a.m. to 2 p.m. at the Franco Conference Center, St. Joseph Mercy Hospital - Oakland, 44405 Woodward Avenue, Pontiac. Topics will include partial birth abortion, stem cell research, RU-486 (abortionifant), and legislative updates. MNFL members \$30; MNFL non-members \$35. Registration deadline is March 21. Call (248) 816-8489.

PMS & MENOPAUSE
Suffering from depression, mood swings, hormonal imbalances hot flashes, irritability and restlessness nights? Learn how to overcome PMS and menopause 11 a.m. to 12:30 p.m. at Body Works Healing Center, 819 N. Mill Street, Plymouth. The cost is \$35. Reservations required. Call (734) 416-5200. This program includes natural prescription for relief of female related problems. Diet and energy work will also be included. Presented by Dr. Mark Roby, N.D., founder of the

Metro Center for Attitudinal Healing.

SUN, APRIL 1

HEALING LAUGHTER
The New Hope Center for Grief Support presents "Laughing on the Outside" 4:30-9 p.m. At Joey's Comedy Club, 38071 Plymouth Road, Livonia. The cost is \$50, which includes buffet, entertainment and auctions. Proceeds benefit New Hope Center programs. RSVP by March 26 by calling (734) 261-0555.

TUES, APRIL 3

HEALTH THROUGH NUTRITION

Soy, flax, calcium, fruits, grains, nuts, beans - miracle foods or hype? Join registered dietitian Lee McDonough and parish health nurses at St. Collette Church, 17602 Newburgh, Livonia (between Six and Seven Mile) 7p.m. in the social area. Call (734) 464-4438.

SAT, APRIL 7

CANCER SURVIVORS
The Harris/Kehrer Ladies Auxiliary, 1055 S. Wayne Road, Westland, will hold a Cancer Seminar for cancer survivors 1-3 p.m. Please come and share your story. Punch and dessert will be served.

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

GLOVE AND STOCKING NEUROPATHY

1999 was the last time this column took up the subject of "glove and stocking neuropathy." An update is in order.

The term "glove and stocking" means that a feeling of pain, burning, numbness, or all three, develops in a pattern similar to putting on a formal glove or a knee high stocking; in the hands, the pain starts at the fingertips and moves up the hand to the forearm; in the feet, discomfort begins in the toes and moves in an orderly way to the ankles and above. The problem can develop in either the hands or feet or both at the same time.

You may think you have an arthritic. However, this pain is present all the time and is usually more intense at night disrupting sleep. In contrast, arthritis hurts most when you move, and subsides with rest. Furthermore, arthritis hurts in the joints, while the pain of glove and stocking neuropathy encompasses the whole hand or all of the foot.

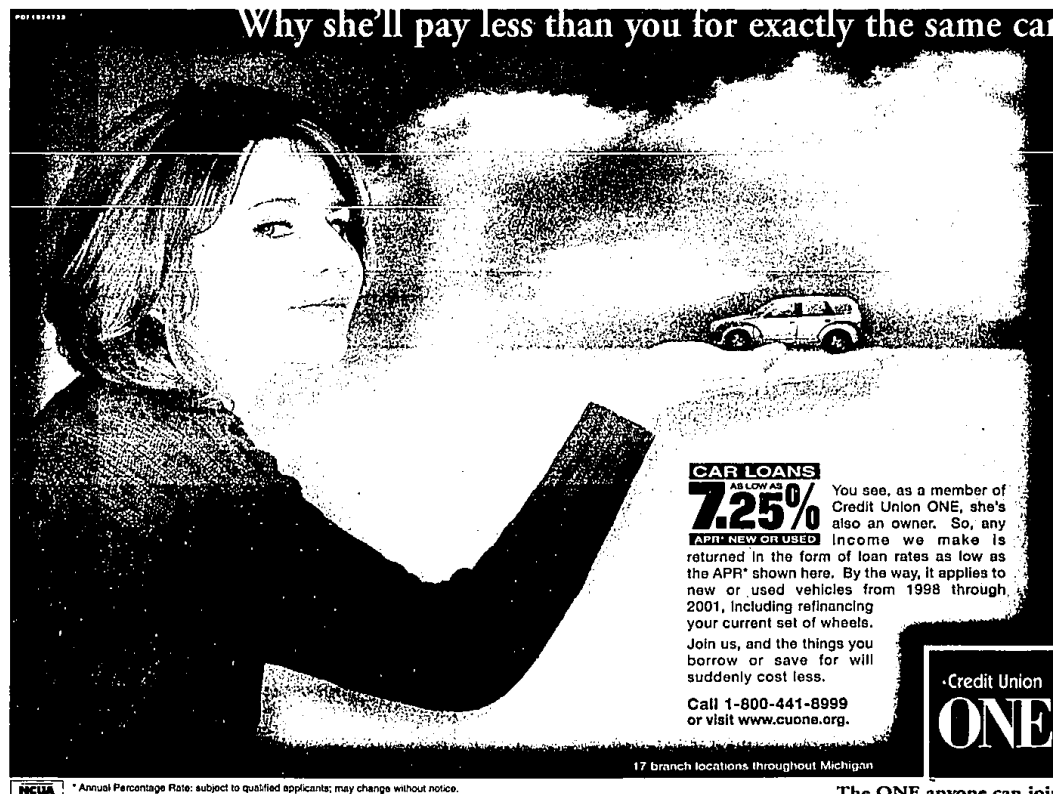
In the foot the pain is confused with gout. But gout attacks reach a peak and then resolve, even if not treated. In glove and stocking neuropathy the pain stays the same each day or worsens.

The most common reason for glove and stocking neuropathy is irritation to nerve endings. The usual causes are vitamin deficiencies, diabetes, or drug reactions. Treatment is specific for each cause, therefore experimenting for a cure by taking vitamins or stopping a medication will not work.

In this instance, a logical approach to diagnosis wins over an intuitive leap.

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Puppy and Me - puppies 10 weeks to 6 months, you and your puppy will learn the basics such as sit, stay, etc. as well as puppy socializations and confidence building. Next class begins Tuesday, April 3, from 7:00 to 8:00 p.m.

B.A. - Bachelor of Attitude - dogs 6 months and over. You and your dog will learn and hone those basic skills as well as learn tips on grooming and nutrition. Clicker training methods are used (clicker provided). Next class begins Tuesday, April 3, from 8:15 to 9:15 p.m.

All classes are 7 weeks in length. Pre-registration required.

4 WEEK DAYCARE
(Grooming Included!)

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(248) 271-2200

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