

## MEDICAL DATEBOOK

## SUN, OCT. 7

**OKWOOD HALLOWEEN PARTY**  
Fast patients and their families are invited to attend Oakwood Hospital & Medical Center - Dearborn's 18th annual Neonatal Intensive Care Unit Reunion and Halloween Party 3-5 p.m. in the hospital's atrium.

## BLOOD DRIVE

St. Thomas A Becket Catholic Church will host a Red Cross blood drive 8:30 a.m. to 4:30 p.m. at 555 S. Lilley Road (south of Cherry Hill), Canton. Call Peggy at (734) 397-8495 or Marion at (734) 981-3433 for an appointment.

## MON, OCT. 8

**ENERGY**  
Learn more about the human energy system and how to tap into these fields to assist the body to heal and achieve balance. Attend "Energy Anatomy 101: A Study of the Human Energy Body" offered by Botsford Health Care Continuum in Novi. \$45. Call (248) 477-6100.

## HYPNOSIS/BIOTHERAPY

Learn relaxation and self-hypnosis techniques to assist you in having an easier and more comfortable birth experience. Christy Elkins-Trotter, a certified childbirth educator, offers a four-week class 7-9 p.m. Class includes book, two audio tapes and class packet. Fee, \$200. Call (734) 354-6033.

## THYROID DISORDER

The Michigan Thyroid Disorder Support Group meets 6:30 p.m. at the Plymouth Public Library, 233 S. Main Street, Plymouth. Dr. Berry Hobbs from Michigan

Specific Chiropractic will be the guest speaker. Call Tracy Green at (734) 453-7945 or e-mail at mtg@mediaone.net.

## TUES, OCT. 9

**SENIOR DRIVING REFRESHER**  
55+ Alive - a two-day driving refresher course for adults 55 and over, will be held 12:30-4:30 p.m. Oct. 9 and Oct. 11 at St. Joe's Health Stop in Ann Arbor's Briarwood Mall.

The classroom program will provide information on safe driving techniques and new driving laws. Seniors will also learn how to adjust to age-related changes in vision, hearing and reaction time. No tests will be given, but a "Personal Driving Capability Index" will help seniors assess their driving ability. The class costs is \$10 and registration is required. Call (734) 827-3777.

## MENOPAUSE QUESTIONS ANSWERED

Providence Hospital's series "Menopause: Everything You Wanted to Know But Were Afraid to Ask," continues with Alternative/Complementary Therapies. The class will meet at 7 p.m. at 47601 Grand River in Novi. The six-week course is designed to provide information, insight, treatment issues and health issues surrounding menopause. Classes are \$5 each. Call (877) 345-5500 to register.

## YES, YOGA!

Oakwood Healthcare System will offer an eight-week session of beginner Hatha Yoga classes at the Oakwood Complementary and Alternative Medicine Center, Oakwood Healthcare Center - North Westland (36555 Warren Road) 7:30-8:45 p.m. beginning

Tuesday, Oct. 9. Classes cost \$68 per person, and class size is limited. Pre-register by calling (734) 414-9092.

## WED, OCT. 10

## BREAST CLINIC

St. Mary Mercy Hospital, Livonia, will hold a Breast Health Clinic that includes a complete breast examination and instructions on how to perform a self-examination. Cost is \$21. If indicated, a mammogram will be done for an additional \$50 fee (the cost may be covered by insurance). Registration required. Call (734) 655-1100 or (800) 494-1616.

## INTERNET INFO

Henry Ford Community College's Center for Lifelong Learning will offer a Medical Information on the Internet course 9 a.m. to noon Saturday or 6:30-9:30 p.m. Wednesday. Class will meet at HFCC's Dearborn Heights Center, 22588 Ann Arbor Trail between Warren and Outer Drive. Cost is \$24 for Dearborn School District residents; \$26 for non-residents. Call (313) 317-1500.

## HEALTH MINISTRY

St. Colette Parish Health Ministry presents Dr. Paul Masalski 7 p.m. Oct. 10 to address "Caring for Your Spine." He is a chiropractor at the Lower Clinic in Farmington. He will discuss the importance of the spine and how our nervous system relates to it as well as to our other organs. He will also discuss basic human anatomy of the spine and the differences between traditional and chiropractic medicine and how to improve and preserve your health beginning with your

back. Meet in the church social area across from Laurel Park Place between Six and Seven Mile roads (17600 Newburgh Road). Call (734) 464-4436 to reserve a spot.

## THURS, OCT. 11

## CFS/FIBROMYALGIA

The CFS/Fibromyalgia Group will meet 7 p.m. at the Livonia Civic Center Library, Five Mile Road (east of Farmington). Dr. Robert Potter will present "Understanding Fibromyalgia: The Holistic Approach to Chronic Pain and Fatigue." The group meets the second Thursday of each month. Call (248) 346-3164.

## NUTRITION AND CANCER

The University of Michigan Comprehensive Cancer Center will sponsor a free program, "Coping with Cancer: Eating Right, Living Right," 7-8:30 p.m. at the Embassy Suites Hotel, 19525 Victor Parkway (east of I-275, off of Seven Mile), Livonia. Call (800) 742-2300 and enter category 7870.

## DEPRESSION SCREENING

As participants in National Depression Screening Day, the U-M Depression Center offer free, confidential depression screenings to all interested faculty, staff, and students of the university, as well as to the greater Ann Arbor community. All of the day's events will take place 8-10 a.m. and 4-6 p.m. at

Riverview Outpatient, 900 Wall Street, Ann Arbor. Call Sarah Newlin, (734) 763-7495.

## SAT, OCT. 13

## SHRINE HOSPITAL

Livonia Shrine Club will host a free pre-screening mini-clinic 10 a.m. to 2 p.m. at the American Legion Post 332, 9318 Newburgh Road, Livonia. Qualified applicants will receive free medical care at a Shrine Hospital. The hospital treats any child with orthopedic or burn problems up to their 18th birthday. Call (734) 474-3579 or (313) 535-0436.

## OCT. 15, 16 &amp; 22

## HOSPICE VOLUNTEER

Heartland Home Health Care & Hospice of Southfield invites the public to learn about volunteering in hospice 5:30-9:30 p.m. at the Dorvin Nursing Center (South Lounge), 29270 Morlock, Livonia. Heartland serves the Tri-County area, Ann Arbor and Ypsilanti. Call Mary Parmenter (800) 770-9859 between 10 a.m. and 3 p.m. to register.

## TUE, OCT. 16

## RITUAL/ADD/ADHD WORKSHOP

The National Wellness Foundation is sponsoring a free workshop on ADD/HD, Ritalin and available alternatives to drug

therapy, 7 p.m. at the Plymouth Library (233 S. Main St.) Seating is limited and registration is required. Call (734) 416-2411 to register.

## LASER VISION CORRECTION

The U-M Kellogg Eye Center is hosting a free educational program called Laser Vision Correction: Am I a Candidate? The program will be from 7-8:30 p.m. at 1000 Wall St. in Ann Arbor. Call (734) 763-1415

## WED, OCT. 17

## BREAST CARE OPEN HOUSE

Oakwood Healthcare System will hold an open house of their newly remodeled Breast Care Center 6-8 p.m. (25045 Ford Road) Dearborn. Call (800) 543-WELL.

## THUR, OCT. 19

## HEADACHE MANAGEMENT

Oakland Physical Therapy will present Headache: Physical Therapy Management and Prevention at 7 p.m., at the Providence Medical Center, 47601 Grand River, Suite B124, in Novi. This class will provide an overview of current concepts in the prevention of chronic headache and TMJ pain, with patient education and self-care techniques. Call (248) 380-3550.

## Music from page D4

Music therapy aids patients with needs related to respiration, chronic pain, cancer treatment, physical rehabilitation, diabetes, headaches, cardiac conditions, surgery and obstetrics. It also supports healing among those suffering from mental illness.

"We like to work in conjunction with other therapies to support and enhance them, although sometimes music therapy can be a primary mode," Justice said. "There's a process called 'guided imagery in music.' It's a specific type of music therapy intervention. It's different from other forms of music and imagery, which are generally for relaxation purposes."

Guided imagery is an in-depth psychotherapy.

"That aspect brings self-awareness and self-expression and can be extremely helpful in the

medical arena for providing comfort, solace, hope, those kinds of non-tangible things that are often hard to find in the medical setting," Justice said. "Using music taps into emotions so well as well as our sub-conscious and the non-verbal areas of our lives. It can really facilitate those healthy aspects of hope."

One-on-one clinical settings can cover a range of musical experiences such as singing, playing instruments, listening, writing, drawing or imaging to music.

Music therapists must be music majors with a proficiency in a primary instrument, such as keyboard, string or wind.

For information about music therapy, call AMTA at (301) 589-3300 or visit [www.musictherapy.org](http://www.musictherapy.org).

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- Pardee Mart on Pardee & Ecorse Road • Taylor
- JAM Sounds on Telegraph & Seven Mile • Redford
- Citgo Ann Arbor Trail & Warren • Dearborn Heights

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**PRESSURE POINTS AND TRIGGER POINTS**  
Pressure points and trigger points, what are they and what do they matter? Pressure points are a feature of fibromyalgia and represent areas where firm palpation elicits a response of discomfort. Trigger points are sites which either spontaneously or when lightly touched, create pain that radiates like a wave across the body.

In fibromyalgia, the location of pressure points is similar from person to person; their pattern provides a basis for the diagnosis of the condition. Usually pressure points are present at the elbows, shoulders, neck, back, thighs, and knees. The cause of pressure points is unclear. Their location does not correspond to sites of nerve endings or arterial branching. Studies have failed to uncover any chemical or structural in the tissue of patients with fibromyalgia that could account for pressure points.

The same lack of an explanation holds for trigger points. Investigations are difficult because the presence of a trigger point is individual; a pattern of at least with pressure points in fibromyalgia does not occur. An individual with trigger point pain may have only one and it can be present anywhere in the back or limbs. The reason the discomfort radiates is also not explained by present concepts of pain.

Making a distinction between pressure and trigger points is important. Your doctor can treat trigger point pain by injection. Pressure points are not helped by this procedure or by the use of heat, cold, or massage. Resolution requires therapy for fibromyalgia itself.

[www.drjweiss.com](http://www.drjweiss.com)

## Too Many Bathroom Breaks?

### MEN'S ROOM



If you're a man over fifty, chances are you suffer from an enlarged prostate or BPH. It's not a life threatening disease, but it can be embarrassing, uncomfortable and inconvenient. Until recently, the only treatments were daily medications or major surgery, options that can have life-altering side effects.

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CALL: 1-800-782-9200 or register online at [www.vidamed.com](http://www.vidamed.com)

Wednesday, October 10 and November 7 • 7:00 p.m. or Friday, October 12 • 2:00 p.m.  
VLADIMIR'S, 28125 Grand River, Farmington Hills  
(Across from Botsford Community Hospital)