

MEDICAL DATEBOOK

MON, OCT. 15

CELIAC SPRUE
The Tri-County Celiac Sprue Support Group meets 7 p.m. at the Southfield Presbyterian Church, 21875 W. 10 Mile, Southfield. Speakers include Aaron McKee of Whole Foods Market and Dr. Thomas Alexander. Call Claire at (248) 647-9078.

OCT. 15, 16 & 22

HOSPICE VOLUNTEER
The public may learn about volunteering at Heartland Home Health Care & Hospice of Southfield 6:30-9:30 p.m. at the Dorvin

Nursing Center (South Lounge), 29270 Morlock, Livonia. Heartland serves the tri-county area. Ann Arbor and Ypsilanti. Call Mary Parmentier (800) 770-9859 between 10 a.m. and 3 p.m. to register.

TUE. OCT. 16

RETALIN/ADD/ ADHD WORKSHOP
The National Wellness Foundation is sponsoring a free workshop on ADD/HD, Retalin 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 7-8:30 p.m. at 1000 Wall St. in Ann Arbor. Participants will learn what correction options are available, how refractive surgery can correct eyesight, what risks are associated with these procedures, and what new procedures are on the horizon. Call (734) 763-1415

WED, OCT. 17

BREAST CARE OPEN HOUSE
Oakwood Healthcare System will hold an open house of its newly remodeled Breast Care Center 6-8 p.m. (26045 Ford)

Dearborn. Attendees can tour the facility, meet the staff, learn about the latest techniques in breast care, and enjoy free beverages and snacks. Call (800) 643-WELL.

TUES, OCT. 23

GRIEF SUPPORT
Angelo Hospice grief support group meets 1 p.m. and 6:30 p.m. The group meets every second and fourth Tuesday of the month. Call Ruth Favar, bereavement coordinator, at (734) 464-7810.

OCT. 17, 23

WEIGHT LOSS

You can sign up for orientation to St. Mary Mercy Hospital's HMR Weight Management Program with weekly classes and support. Participants are required to attend a free one-hour orientation session before joining a class: 4-5 p.m., Oct. 17; 4:30-5:30 p.m., Oct. 23; and 4-5 p.m., Nov. 6. To pre-register, call (734) 656-1783.

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. There is no charge for the class, but registration is required. Call (248) 380-3550.

OCT. 24-NOV. 20

FLU SHOTS
St. Mary Mercy Hospital is offering flu shots from 24 through 20. There is a \$15 fee for the shots, free for those with proof of Medicare B. Please call Community Outreach at (734) 656-8940 for an appointment or for more information.

D.O.C. promotes breast cancer awareness program

Each year, the American Cancer Society estimates that 192,800 women will be diagnosed with breast cancer, and nearly 41,000 will lose their lives to the disease. Men can also get breast cancer, with about 1,400 new cases reported annually. For the third year, D.O.C. is partnering with Detroit's Barbara Ann Karmanos Cancer Institute to raise awareness about breast cancer and early detection, promote regular mammography screenings and self breast exams. With October being National Breast Cancer Awareness Month, both organizations are working to achieve their goals through the month-long "Yes, Mamm!" program.

Provided
The "Yes, Mamm!" campaign includes distributing free breast cancer education kits and information about the "Yes, Mamm!" mammography events at any of

D.O.C.'s 64 locations in metro Detroit. The Karmanos Mobile Breast Cancer Detection Center will provide mammograms, breast cancer risk assessments, information about smoking cessation and cancer prevention studies at select D.O.C. locations throughout October. Additionally, D.O.C. will donate a portion of all eyeglass sales during the month of October to prevention and research programs at the Karmanos Cancer Institute.

"Everyone has been touched by cancer in some way," says Richard Golden, president and CEO of D.O.C. "Our goal is to do our part by reaching out to women who may not be aware of their risks for breast cancer, and to promote early detection and regular mammogram screenings." Golden's wife, Shelley, lost her mother to the disease in 1988, and they have worked together to create the "Yes,

Mamm!" program in order to raise awareness about breast cancer.

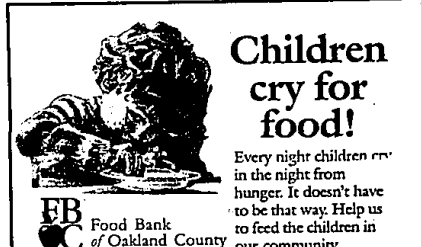
"Breast cancer today is not only curable, it's preventable. Getting regular check-ups is an important first step for all women. It's also important to talk to your doctor or other health care professional about your level of breast cancer risk. For some women at increased risk there are now treatments that can lower that risk substantially," said Dr. Robert Burack, medical director at Karmanos Cancer Institute Prevention Centers.

"And even if you're not at increased risk, remember, 'low risk isn't no risk,'" he added. "So keep up your healthy breast practices like getting a yearly

mmogram." The Karmanos Mobile Breast Cancer Detection Center will offer mammograms, breast cancer risk assessments, and information about smoking cessation and cancer prevention studies on the following dates:

- Saturday, Oct. 13th from 9 a.m. to 3 p.m. D.O.C. Optics, Oakland Mall (outside), Troy.
- Saturday, Oct. 27th from 9 a.m. - 3 p.m. D.O.C. Optics, 22318 Ford Road, Dearborn Heights

For more information about "Yes, Mamm!" and breast cancer prevention call 1-800-KARMANOS (1-800-627-6266). Women must call this number in order to make an appointment for a mammogram prior to the day of the event.



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 Thank you for your support.

Cartoonist speaks on coping with humor

Saint Joseph Mercy Health System of Ann Arbor presents their annual Women's Night Out 6-9 p.m. Wednesday, Oct. 24 at the Polo Fields Golf and Country Club in Ann Arbor. The event will feature cartoonist Nicole Hollander, creator of the nationally syndicated cartoon, *Sylvia*. She has written for the Arts and Leisure section of The New York Times and The

New York Times Book Review and is the author of many books. The evening will begin with check-in 6 p.m. followed by dinner at 6:30 p.m. and Hollander's presentation at 7:30 p.m. Her regular mammogram screening will be available for a book signing following the program.

Cost is \$25 per person. Reservations are required by Oct. 18 by calling (800) 231-2211.

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Contest Rules:
 *Participants may enter one time at each of the 12 participating stores. Each store will award a \$1,000 merchandise certificate. Must be 18 years of age or older to enter. Employees of the Observer & Eccentric Newspapers and their families are not eligible. Deadline to enter is Thursday, Oct. 25, or mail by Nov. 1, 2001. Contest results will be published in the Observer & Eccentric Newspapers.