

Lymphedema

from page D4

that are achieved.

Cain, who wears a compression sleeve to keep the swelling under control, gives the Botsford program rave reviews.

"It was a wonderful experience with very noticeable results. I went three times a week for a total 17 treatments last summer," she said. "I try to do the exercises at home. I've found them to be to my advantage."

Risk factors

St. Joseph's Jones warned that if untreated, lymphedema can lead to a hardening of tissues. Lymphatic fluid is protein-rich. The protein acts as a sponge and holds the fluid. The tissue can become hard and fibrotic.

Jones said surgery and radiation puts a woman at risk for lymphedema, since both can interfere with lymphatic circulation. However, it is usually an incident that precedes the condition, such as a tight blood pressure cuff, blood draw, hangnail

infection, spider or mosquito bite, overuse of the arm, or a torn muscle. Lymphocytes (lymphatic cells) then engulf the bacteria.

"I can pinpoint when that person began lymphedema," said Jones. "There's usually an incident that precedes it."

Cain remembers that she suffered a bite from a stray cat before developing lymphedema. "My arm swelled to about three times its normal size and became red and hard," she said. Fortunately, although lymphedema is a chronic condition, it is manageable. Education remains the most empowering tool in preventing the condition, said Jones.

Women who have never developed lymphedema after a mastectomy should remain on guard, warned Jones. "I've had some women who have not had lymphedema for 12 years but then an incident will trigger it."

Free booster seats to families in need

Ford Motor Company, Washaw United Way and Harvest International Worship Center in Dearborn have teamed up to distribute booster seats to needy families in the metro-Detroit area. Boost America is a high-way safety program designed to send the message to parents and children that booster seats are the safe way to ride in a vehicle.

Families must meet the following criteria:

■ Low income (check stub or other proof income required); have a child between 40-80 pounds; have a vehicle appropriate for seats being distributed; understands and signs a release;

understands the required education component.

Eligible families will receive a voucher (available at the event). Booster seats can be picked up 11 a.m. to 3 p.m. Wednesday, Oct. 31, at the Harvest International Worship Center, 24921 Ford Road (five blocks west of Telegraph), Dearborn. Screening as well as distributing will take place at this location.

Dearborn Firefighters will be present with the Dearborn Police Department fingerprinting children and passing out Halloween goody bags.

Visit www.boostamerica.org or call (866) BOOSTKID.

HOLISTIC HEALTH FAIR

Unity of Livonia Church (28660 Five Mile) will host a Unity Health Festival Saturday, Nov. 17 at the church. The event will feature specialists in all fields of holistic living.

With nearly 40 booths, there will be a variety of disciplines represented such as chiropractic care, physical therapy, fat analysis, hypnosis, yoga, massage and acupuncture.

There will also be workshops, health screenings, food vendors and drawings for prizes.

The festival is open to the entire community and you need

not be a member of the church to attend.

"We're looking to be a spiritual resource for the community which takes into account the entire person — mind, body and spirit," said a spokesperson for the church. "Unity considers itself a church of 'practical' Christianity and has always been interested in healthful living."

The Unity Health Festival will take place 9 a.m. to 4 p.m. Nov. 17. Admission, \$5. Call (734) 421-1760.

BUSINESS CALENDAR

MON, OCT. 22

CANTON BPW MEMBERSHIP DRIVE

Canton Business and Professional Women (BPW) will hold a membership drive meeting from 6:30-8 p.m. at Damon's Restaurant on Ford Road, east of Sheldon. Contact: Lisa Fitzpatrick (734) 432-6826 or e-mail: lisa_fitzpatrick@comerica.com.

- Finishing Repairs
- Furniture Enhancing
- Cabinet Refurbishing
- Structural Repairs
- Most trusted name in furniture repair



Call Mike at 1-888-596-WOOD (9663)

GUARDSMAN
"WOODPRO"

Everything You Never Wanted To Know About DIVORCE ...But Now Need To Ask

Presented by the Law Offices of
STAVAR & SOUVE, P.C.
20300 Superior • Suite 200 • Taylor, MI 48180
and

HIS & HER PLACE COUNSELING CENTER, P.C.
Roger E. Dallwig, M.A., C.S.W., L.P.C.

This FREE Seminar Will Answer Your Questions About the Emotional, Psychological and Legal Aspects of Divorce

Thursday, October 25, 2001 • 7-9:30 p.m.
Friendship Hall • 1110 North Newburgh Road • Westland

Bring or tell a friend about these upcoming seminars.
For registration and room number, please call 734-374-1000 (confidential).
These seminars are not appropriate for children to attend.

MEDICAL DATEBOOK

SUN, OCT. 21

CHEMICAL SENSITIVITY

The Multiple Chemical Sensitivity Friends Support Group will meet 2-5 p.m. at 1677 Stadium Court (south of the traffic light at Pauline and Stadium Blvd).

Ann Arbor. Please come fragrance free. Call (248) 348-4972.

MON, OCT. 22

HOSPICE VOLUNTEER

The public may learn about volunteering at Heartland Home

Health Care & Hospice of Southfield 6:30-8:30 p.m. at the Dorvin Nursing Center (South Lounge), 29270 Morlock, Livonia. Heartland serves the tri-county area, Ann Arbor and Ypsilanti. Call Mary Farmer (800) 770-9859 between 10 a.m. and 3 p.m. to register.

TUES, OCT. 23

GRIEF SUPPORT

Angela Hospice grief support group meets 1 p.m. and 6:30 p.m. The group meets every second and fourth Tuesday of the month. Ruth, (734) 464-7810.

WIN A 2001 FORD FOCUS ZX3



Ladywood High School Raffle & Auction

Nov. 3, 2001 • Drawing at 10 p.m.

(winner need not be present to win)

Only 2000 tickets will be sold

at \$50 each (Michigan License # R64494)

Proceeds to benefit the school's general fund

Send your ticket request and payment to:

Auction/Raffle

Ladywood High School

14680 Newburgh Road • Livonia, MI 48154

or fax your request to 734-591-4214

For more information or to place a credit card order call

734-591-1544



OUR BIGGEST SALE OF THE SEASON IS GOING ON NOW STOREWIDE
ENDS MONDAY, OCTOBER 29

semiannual BARGAIN DAYS

A PARISIAN TRADITION

LAST ABOUT DEFERRING DRILLING UNTIL JANUARY, 2002.



SALE 29.99
COTTON SWEATERS
Quality 100% cotton ribbed long-sleeved sweaters. Reg. 40.00. In ladies' sportswear (100% cotton).

SALE 39.99
Enjoy great savings on this beautiful diamond accent bracelet. Reg. 125.00. IN ACCESSORIES.



SALE 24.99
KNIT POLOS
Preswick & Moore fine gauge cotton knit polos in a great selection of colors. Reg. 49.99. IN MEN'S CLOTHING.



SALE 89.99
LEATHER OUTERWEAR
Entire stock of junior leather outerwear. Reg. 150.00-198.00. IN JUVENILES.



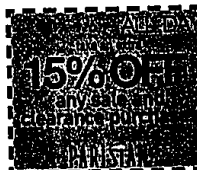
50% OFF ALL OUTERWEAR
Save on all outerwear and leathers for boys and girls from Weatherproof, London Fog and PK Clothing. Reg. 33.00-125.00, sale 16.50-62.50. IN CHILDREN'S.



SALE 69.99
TIMBERLAND Men's Timberland Eurohiker. Reg. 110.00. IN MEN'S SHOES.



SALE 219.99
FALL SUITS
Large selection of two- and three-button wool fall suits from Bill Blass. Reg. 475.00. IN MEN'S.



SHOPPING PASS

valid Sunday, October 21 and Monday, October 22

*Take 10% off any sale or clearance purchase in shoes, fine jewelry, all leather coats, men's suits and sport coats, coverups and small electronics. EXCLUDES COSMETICS, FRAGRANCES, GREAT BATH AND MATCHES IN FREE JEWELRY, MAKEUP, BATHING, SPECIAL SPECIALS, PERSONAL CARE, PRECIOUS METALS, DAY SPA AND SALON SERVICES, ELECTRONIC GIFT CARDS AND GIFT CERTIFICATES. YOU MUST PRESENT THIS COUPON WHEN YOU MAKE A PURCHASE TO RECEIVE YOUR 10% SAVINGS. CANNOT BE COMBINED WITH ANY OTHER COUPON OR DISCOUNT OFFER.

15% OFF your first day's purchases when you open a Parisian credit card. See an associate for details.

P.A.R.I.S.I.A.N

YOU'RE SOMEBODY SPECIAL

CALL 800-424-8185 TO ORDER ANYTIME. STORE HOURS: Laurel Park Place (953-7500) open Sun. 12-6, Mon.-Sat. 10-8. FOR INFORMATION CALL 953-7500. CHARGE IT! Parisian Credit Card, MasterCard, Visa, the American Express® Card or Discover®. LOCATED AT LAUREL PARK PLACE IN LIVONIA, CORNER OF NEWBURGH ROAD AND SIX MILE ROAD (TAKE THE SIX MILE ROAD EXIT OFF INTERSTATE 275).