

MEDICAL DATEBOOK

TUE, NOV. 6

WEIGHT LOSS

Sign up for orientation to St. Mary Mercy Hospital's HMR Weight Management Program, a medically supervised 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. Tuesday, Nov. 6. To pre-register, call (734) 656-1783.

SENIOR HEALTH DAY/FLU SHOTS

Senior Health Services of Saint Joseph Mercy Health System will present Senior Health Day 9-11:30 a.m. Tues., Nov. 6 at Health Stop in Briarwood Mall, just off I-94 at the State Street exit, Ann Arbor. How to get the Most From Your Doctor Visit is the event's focus. Healthy foods, free gifts and prize drawings. Flu shots will be given 9-10 a.m. on a first come, first served basis.

for a \$5 donation. Reservations required. Call (734) 827-3777.

GRIEF WORKSHOP
Hospice of Washtenaw will present a five-week grief-recovery series 7-8:30 p.m. Tuesdays at The Village, located on the campus of St. Joseph Mercy Hospital in Superior Township. Registration required. Call (734) 927-3409.

ANXIETY AND PANIC

The Anxiety and Panic Attack Support Group will meet 7-8:30 p.m. at Ward Presbyterian Church, Six Mile Road and Haggerty, Northville in Rooms 307/308. Call (734) 420-8176 or (248) 374-5004.

FIBROMYALGIA/CHRONIC FATIGUE

"Fibromyalgia: The clinical syndrome," is a free lecture given by the National Wellness Foundation. Topics will include fibromyalgia/CFS symptoms, risk factors, treatment and pre-

vention. Call (666) 793-9771 to reserve your space. Plymouth Library (223 S. Main Street) at 7 p.m.

FAMILY CAREGIVERS

The Well Spouse Foundation, a support group for family caregivers whose spouses and loved ones have a chronic illness meets 7 p.m. at the Franklin Bank Building, Suite 388-E, 24725 West 12 Mile Road, Southfield. The group meets the first Tuesday of each month. Call George Hopper at (800) 350-1494 or Rabbi Bob Scott at (248) 661-3383.

WED, NOV. 7

SLEEP APNEA

Dr. Leonard Glinak will discuss surgical treatment for obstructive sleep apnea from 7 to 8 p.m. at classrooms 1 and 2, Lower Level, Garden City Medical Office Building, 6255 Inkster

Road. CPAP units may be brought in for pressure check. Call (734) 468-3330.

EATING

Join speaker Amy Parravano, MSW, 7-9 p.m. at St. Mary Mercy Hospital and learn why some people eat when they are hungry, while others eat a whole bag of cookies when they are blue. Call the Marian Women's Center, St. Mary Mercy Hospital, (734) 656-1100. No charge or registration.

HEARING LOSS

Hearing loss among older adults is very common. Learn about the causes of hearing loss, the impact it can have on your physical and emotional health and what can be done in this free presentation. Registration required. 1:30-2:30 p.m. Nov. 7 at the Canton Summit. Call (734) 397-5444.

Award winner

Novotechnik, a worldwide leader in the development of position sensing technology for automotive applications, was named "Worldwide Supplier of the Year" by the Robert Bosch Corporation. Only 58 of Bosch's 6,000 suppliers received this award which is based on quality, price and supplier reliability. The automotive division of Novotechnik is located in Livonia.

New education institute

RBS Companies Inc. has broken ground on the ITT Technical Institute in Canton Township for Indianapolis-based ITT Educational Services Inc. Construction of the \$5 million, 25,000-square-foot institute is expected to be completed by early summer 2002 with classes ready to begin the following fall. The ITT Technical Institute, which will be located at Palmer and Haggerty Roads, will offer career-focused associate degree programs in computer and electronics engineering technology; computer drafting and design; and computer technology with

disciplines in computer network systems, multimedia, software applications, and programming and Web development.

The building will house classrooms, computer labs, a learning resource center and administrative areas. This is the third ITT Technical Institute in Michigan.

Gov. John Engler said of the project, "The benefits the new Canton campus will bring to area residents, and to the state as a whole, are immeasurable."

FCI in India

Livonia-based FCI Automotive, a designer and manufacturer of electrical connectors for the automotive industry, announced the completion of a new 1,800-square-foot engineering and design center in India. The facility is located 400 miles northwest of Cochin in the city of Chennai.

"This design center gives FCI Automotive the capability to create state-of-the-art concepts and designs for customers around the clock," said Thomas R. Schilling, vice president and general manager of FCI Automotive - North America.

Nationwide PMS clinical trial needs volunteers

Volunteers are needed to participate in a research study for women who suffer from severe PMS, also known as Premenstrual Dysphoric Disorder. The placebo-controlled research study will evaluate the safety and effectiveness of an investigational medication for the treatment of symptoms related to PMDD.

Premenstrual Dysphoric Disorder, or severe premenstrual syndrome, is a biologically based medical condition characterized by severe mood swings and

behavior changes. Anxiety, depression and irritability may be prominent. Physical symptoms include tension, bloating and breast tenderness. These symptoms occur one week prior to menstruation and may cause impaired function in day-to-day activities and affect interpersonal relationships.

Up to 75 percent of women experience some symptoms of PMS with their regular menstrual cycles; just 3-8 percent of this group experience PMDD.

Volunteers 18 through 40

years of age are currently being screened for participation in this trial. Qualified participants will receive study-related medication and a health assessment. For more information, contact

the Psychopharmacology Research Corporation, 28800 Orchard Lake Road, Suite 150, Farmington Hills, MI 48334, 1 (866) 841-9090.

Arthritis Today

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

HURTING ALL OVER

The experience of hurting all over is one that all of us share. Likely, you can recall a time when you averted yourself too hard for too long and woke up the next day with every muscle aching. Guys who haven't played football for years and then get together for a "friendly game" of touch football have memories of the profound aching that followed the next day.

You know what aching all over is from past episodes of "flu." You get a viral infection. It stays hidden only for a few hours, then you know its presence from the aching that takes over your whole body.

If such instances the aching comes on quickly, has a cause that you can identify, and clears after one to several days.

Another kind of hurting all over is not so easily resolved. The features are an aching that is present every day, includes both sides of your body and does not change for better or worse whether you rest, try to exercise, use heat or cold, or attempt extra rest. In fact, rest is difficult because the aching may become more intense on long down.

If you have this type of all body aching, you may have times, possibly a whole day, when you feel at night. However, you don't know why you were better or how to repair it.

In instances when the aching is constant or quirky, the cause is tension. Something, usually at the unconscious level, is upsetting you. The muscles of your body are reflecting an emotional conflict. In most cases, the best treatment is not anti-anxiety or anti-depression medications, but a search within yourself for the source of the conflict, and your answer as to what you can do about it.

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ST. AGATHA VEGAS NIGHTS

19750 Beech Daly Road - Redford Twp.
(Between 8 Mile and Grand River)

Friday November 9th and Saturday November 10th

Enjoy Blackjack, Wheel Games, Craps, 50/50 Raffles

Food/Cash Bar

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**Call 313-531-0371 For More Info

Schoolcraft College Foundation

2001 Fall Craft Show

Saturday, November 10, 9:30 am to 4:30 pm

Sunday, November 11, 11:00 am to 4:30 pm

• Over 150 Exhibitors • Refreshments Available •

Schoolcraft College Physical Education Building

18600 Haggerty Road, between Six and Seven Mile Roads

Livonia, Michigan

Admission \$2.00 Children 12 and under \$0.50 Children Under 5 are free

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