

ONGOING

Self-Help groups

Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at (877) 777-5556.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 4760 Grand River Avenue, Novi. Help line: (313) 438-HELP or (248) 474-9456.

Headache

Do you suffer from constant headaches? If so, join the Headache Foundation Support Group the first Wednesday of each month at Providence Northwestern Medical Center-Farmington Hills, 30055 Northwestern, Farmington Hills, Call: (248) 258-1973.

Alcoholics Anonymous

Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 13 Mile, Novi. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1168.

Thyroid cancer

Thyroid Cancer Survivors Association, Inc. support group meets 7-8:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the ThyCa SE Michigan Support Group, call Mary Rose at (734) 397-2601 or e-mail: SE_Michigan.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

Hernia Repair

Dr. Larry V. Shapiro, a general surgeon, will schedule free hernia screenings by calling (866) 437-6429. His offices are located in Farmington, Walled Lake and Garden City.

SEPTEMBER

Bereavement

"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House at Midfield Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Midfield Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-5859.

Smoking Cessation

Beaumont Hospital will host "Stop Smoking," a four-session smoking cessation program 7-9 p.m. Tuesdays, Sept. 10, 17 and 24 in the hospital's Administration Building, first floor-Medical Quality Program Management Conference Room, 3601 W. Thirteen Mile, Royal Oak, \$50. To register, call (800) 633-7377. For more information, call the Respiratory Care department at (248) 551-6031.

Fibromyalgia

"Fibro Friends & More," a support group for sufferers of fibromyalgia and Chronic Fatigue Syndrome, will meet 1 p.m. today, at the Merriman Road Baptist Church, 2055 Merriman Road, Garden City. Guest speaker, Dr. Tomko will discuss upper cervical care. Meets the first Thursday of the month. Call (734) 495-0226 or Lucy at (734) 953-8576.

9-11 blood drive

To commemorate 9-11, Beaumont Hospital will host a community blood drive 9 a.m. to 3 p.m. Saturday, Sept. 7, in the Administration Bldg., lower level - Classroom 1, 3601 W. Thirteen Mile, Royal Oak. Call (248) 551-0769 for an appointment.

Yoga

Bolsford Center for Health Improvement, 39750 Grand River Avenue, in the Hagerty and Meadowbrook, Novi, will offer "Gentle Yoga," a six-week class 10-11 a.m. Mondays, beginning Sept. 9. Stretches for strength, flexibility, relaxation and energy enhancement. Includes breathing and meditation exercises. There is a fee of

\$55. For more information, call (248) 477-6100.

Thyroid

The Michigan Thyroid Support Group will meet 6:30 p.m. Monday, Sept. 9, at the Plymouth Public Library, 223 S. Main Street, Plymouth. Dr. David Brownstein (<http://drbrownstein.com>) from the Center for Holistic Medicine in West Bloomfield, will be the guest speaker. He is the author of *Overcoming Thyroid Disorders*, *Overcoming Arthritis*, and *The Miracle of Natural Hormones*. Call Tracy Green at 734-453-7945, e-mail mthyroid@comcast.net, or visit <http://michthyroid.com/oe/thyroid>.

Divorce support

The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month beginning Sept. 10. At the first meeting, an attorney will answer questions in a private setting on a first-come, first-served basis. Call the WRC at (734) 462-4443.

Arthritis Self-Help

The Arthritis Foundation, Michigan Chapter will offer an "Arthritis Self-Help Course" 1-3 p.m. Sept. 11, 18 and 25 at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia. Call (800) 494-1650.

Menopause

Dr. J. Weinberg of the Birmingham Menopause Institute will discuss "Hormone Replacement Therapy: Natural vs. Synthetic" 7-9 p.m. Wednesday, Sept. 11, at Health Dimensions, 32905 Hamilton Court (south off 12 Mile Road between Farmington and Orchard Lake roads), Farmington Hills. Dr. Pam Smith of the Center for Health Living & Longevity, will discuss "Nutrition, Weight, Memory & Menopause" 7-9 p.m. Wednesday, Sept. 25. Cost is \$15 per seminar or two for \$25. To register, call (248) 489-1573.

Fibromyalgia

The C/SF/Fibromyalgia Support Group meets 7 p.m. the second Thursday of the month at the Livonia Civic Center Library, 32777 Five Mile Road. The next

meeting is Sept. 12. Call (248) 346-3164.

Arthritis

Oakwood Healthcare System will offer "Don't Let Arthritis Beat You," a free program on preventing and managing arthritis 9 a.m. to noon, Saturday, Sept. 14, at the Dearborn Inn. The event will include a question-and-answer session with orthopedic surgeon Dr. Eric Silberg. Pre-registration required. Call (800) 543-WELL.

Prostate screening

Garden City Hospital will offer a prostate screening day Sunday, Sept. 15, at the Allen Breakie Medical Office Building. Screening includes PSA blood test. Cost: \$5. Call (734) 458-4330 to schedule an appointment.

Loss of baby

"Parents Supporting Parents," a support group for parents coping with the loss of an infant through miscarriage, stillbirth or newborn death, meets 7 p.m. the third Monday of each month at Providence Hospital-Southfield, 16001 W. Nine Mile, Southfield. Next meeting Sept. 16. Call (248) 849-5342.

Alzheimer's/Dementia care

Lutheran Home Livonia, 28910 Plymouth (between Inkster and Middlebelt), Livonia, will offer "Communicating & Connecting with the Alzheimer's/Dementia Resident," a one-hour program presented 6:30 a.m. Tuesday, Sept. 17, by the Michigan Public Health Institute-Center for Long-Term Care. Call (734) 425-4814.

Birth

Dr. Daniel Laframboise will present on workshop on "Birth Trauma" 7 p.m. Thursday, Sept. 17, at Andan Chiropractic Clinic, 18444 Farmington Road, Livonia. Call (248) 474-5252.

Health care

Learn about the types of services home care provides, how to choose a home care provider and payment options. St. Mary Mercy Hospital will host a lecture on "Health Care Options in Your Home" 1-3 p.m. Wednesday, Sept. 18, in the Auditorium. All who attend will receive a free booklet on "A Consumer's Guide to Home Health

Care." No fee. Pre-registration is requested. Call (734) 655-8940.

AMA Walk

The American Heart Association's Metro Detroit American Heart Walk will take place Saturday, Sept. 21, on the grounds of the Meadowbrook Festival at Oakland University, Rochester. Walkers can choose a 1 mile or 2.5-mile course. Call (800) 968-1793 or visit www.heartwalk.kintera.org/detroit.

Think Trim

"Think Trim," an alternative to dieting, will be presented at Schoolcraft College, 18600 Haggerty Road, Livonia, 9 a.m. to 4:30 p.m. Saturday, Sept. 21. The all-day workshop costs \$57. To register, call (734) 462-4443.

College

"Saving for College," a one-session class sponsored by Beaumont Hospital's award-winning Parenting Program and taught by a certified financial planner is offered 7-9 p.m. Wednesday, Sept. 25. Class meets in the hospital's Administration Building, Classroom 1, 3601 W. Thirteen Mile, Royal Oak, \$10. Call (800) 633-7377.

OCTOBER

Brief support

Space for Changing Families, a community service of the National Council of Jewish Women/Greater Detroit Section, will offer an eight-week bereavement support group for adults grieving the death of a spouse or partner. The group will meet 7-9 p.m. Tuesdays, Oct. 1 to Nov. 19, at the Space for Changing Families/NCJW office, Homestead USA Building, 26400 Lahser Road, Suite 100, Southfield. Call (248) 355-9936.

Senior Fest

The Center for Lifelong Learning at Henry Ford Community College will hold an Autumn Senior Fest 10:30 a.m. to 1:30 p.m. Friday, Oct. 4, at 22586 Ann Arbor Trail in Dearborn Heights. Sarah Talley from the Social Security Administration will discuss the Social Security Trust Fund extension, employ

ment income after retirement, what every woman needs to know about Social Security, reading your benefit statement, what role Social Security has for disabled adults. Included in the price of \$30/person is the presentation, a buffet lunch, Big Band entertainment, exhibits, and door prizes. To register, mail a check payable to Henry Ford Community College for \$30/person to Senior Fest, Center for Lifelong Learning, 22596 Ann Arbor Trail, Dearborn Heights, MI 48127 before September 15. For more information, call the Center for Lifelong Learning, (313) 317-1500.

Thyroid cancer conference

The 5th Annual Thyroid Cancer Survivor Association, Inc. Conference will take place Oct. 11-13 at the Los Angeles Athletic Club, Los Angeles, Calif. More than 50 speakers, including endocrinologists, surgeons, nuclear medicine specialists, nutritionists, attorneys and nurses. Register by visiting Thyca's Web site, www.thyca.org.

Cancer walk

The American Cancer Society will hold its Making Strides Against Breast Cancer walks in both Detroit and Ann Arbor. The 5-mile walk in Detroit is Saturday, Oct. 12, at Belle Isle Park with registration at 8:30 a.m. and the walk at 9:30 a.m. The 3.5-mile walk in Ann Arbor is Saturday, Oct. 19, at Michigan Stadium with registration at 8 a.m. and the walk at 9 a.m. Call (800) ACS-2345 or visit www.cancer.org.

Healing arts

The Tree House, 22906 Mooney Street, Farmington, presents "Music and Sound in the Healing Arts" 17 p.m. Saturday, Oct. 12. Learn about high-energy and low-energy music, vibrational sounds and color therapy, and the therapeutic benefits of music. Organic dinner included. Cost: \$55 singles and \$100 couples. Limited seating. Call (248) 473-6624.

PHYSICALS

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preventive health care. It gives physicians an opportunity to talk about important issues facing children and parents.

"Very often our talk is directed to the parents," said Prabhu, "so we talk about nutrition, proper discipline and quality time spent with the children. We talk about seatbelt safety and bike helmets. We talk about drugs and smoking because we do see elementary school kids being targeted."

Laboratory screening of blood and urine are another important piece of preventive medicine. A urinalysis is a routine, noninvasive test that can detect conditions that might otherwise go undiagnosed.

Protein in the urine can indicate kidney disease, glucose can point to diabetes, or signs of infection can be present.

"Some kids do not complain," said Prabhu. "They can have a urinary infection without having any symptoms."

(Untreated,) it can cause retrograde infection to the kidneys, and bladder infections can become a major problem."

TAKE BLOOD TESTS

Healthy children should have blood drawn sometime around age 5 to make sure white cell and platelet counts are normal and that they're not anemic. After that, a blood test is usually not required again until adolescence.

Adolescence is a time of rapid change both physically and socially, so it's important for teens to have a routine exam every year. Once a female begins menstruation, it's important to test hemoglobin annually to make sure she's not becoming anemic.

Physicians continue to closely monitor the growth and development of boys and girls both once they reach adolescence, but aim much of the anticipatory guidance directly to teens at this stage. Some may ask parents to leave the room.

According to Dr. Ian Fox, a pediatrician at Botsford Pediatric Associates in Farmington Hills, talking and listening to teens about issues such as substance use, sexually transmitted diseases and eating disorders is an obligatory part of a physician's job. Adolescence, he says, is also the

best time to teach them to establish the potentially lifesaving habit of watching for abnormal physical changes.

"It's important when they become 16 or 18 to let them know that they need to do self-examinations. Once they hit college they're not coming in for routine physicals anymore and you've missed the opportunity to educate them."

SPORTS PHYSICALS

Parents of students who participate in school sports should not confuse the required sports physical with a preventive health care exam.

"A sports physical," according to the C.S. Mott Children's Hospital website, "is usually sport specific and does not include many tests that are conducted during a comprehensive health examination."

However, the sports physical is mandated by Michigan state law and can go a long way in preventing injury and illness in student athletes.

Many school districts offer sports physicals to students every year.

While this option may be convenient and inexpensive,

Dr. Robert Kiningham, director of the Sports Medicine Fellowship in the Department of Family Medicine at the University of Michigan, says it's best for students to see their own physician.

"The largest benefit of seeing your own doctor is that it's someone who's seen you before and will see you in the future, not just a one shot deal in a gym somewhere," he said. "It's best to go with your own doctor who knows your history."

Continuity, he says, is valuable in medical care. If parents

do decide to go with a school sponsored exam or a walk-in clinic, there are steps they can take to help ensure that it's safe for the child to participate in sports.

The most important thing, said Kiningham, is to provide the physician with the information requested on health history forms.

"So often parents don't take those forms seriously," said Kiningham, "they just want the doctor to sign and get it over with."

But providing the required

information can prevent potentially serious problems.

"If Uncle Charlie died running at age 30, then you've got a red flag and the physician needs to know about it," said Kiningham.

If you need help finding a pediatrician for your child, try the American Academy of Pediatrics physician referral service online at www.aap.org/referral, or the Family Physician web directory from the American Academy of Family Physicians, at www.familydoctor.org.

This fall join over 5,000 Michigan residents in America's largest walking event dedicated to finding a cure for diabetes.

AMERICA'S WALK FOR DIABETES

Call 1-888-DIABETES
248-433-3830 for more information

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Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Date of Birth _____ Male/Female _____ Email Address _____

I would like to walk at:

☐ Stony Creek ☐ Island Lake ☐ Lake Erie

Team Participants:

Team Name _____

Team Captain (circle one) _____

T-Shirt Size: S M L XL XXL

Have you walked in America's Walk for Diabetes before? Y N

Send your registration to:

American Diabetes Association
30300 Telegraph Rd., Suite 117
Bingham Farms, MI 48025
Phone: 248-433-3830
Fax: 248-433-1095
Email: jkanner@diabetes.org

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