

MEDICAL DATEBOOK

MULTIPLE SCLEROSIS
The Multiple Sclerosis Support Group meets 6 p.m. Fridays at the Livonia Family YMCA, 14265 Stark, Livonia. Call (734) 261-2161.

OVEREATING
Overeaters Anonymous, a support group for compulsive eaters, meets 7-8:30 p.m. Sundays at St. Mary Hospital in Livonia, Pavilion A. Call (734) 655-8940 or (800) 494-1650.

TOPS
Need help with holiday eating? Join a Take Off Pounds Sensibly support group. TOPS #29 meets 6 p.m. every Tuesday at Newburg United Methodist Church, 36500 Ann Arbor Trail, Livonia. Call Marie at (734) 762-0386.

WEIGHT CONTROL
Beaumont Hospital's Weight Control Center holds weekly seminars 1 p.m. Wednesdays for people who are mildly to severely overweight. There is no obligation or charge. The center is located at 390 Park, Suite 300, north of Maple west of Woodward, Birmingham. Call (248) 723-6300.

TUES, JAN. 22
GRIEF SUPPORT
Angela Hospice in Livonia offers ongoing grief support groups every second and fourth Tuesday of the month, at 1 p.m. and 6:30 p.m. both days. All groups are free and open to the community. Call Ruth Faver, bereavement coordinator, at (734) 464-7810.

JAN. 23 & 30
EATING DISORDERS
An eating disorders support group meets 7-8:30 p.m. Wednesdays at Beaumont Hospital, tenth floor - Classrooms A and B, 3601 W. Thirteen Mile, Royal Oak. Call (248) 551-9200.

THURS, JAN. 24
ADD
Brackney Chiropractic Health Center, 8524 Canton Center Road, Canton (across from the

high school), will present *A Drug-Free Approach to ADD and Hyperactivity*, 6:30 p.m. Space limited. Call (734) 454-4444.

BACK PAIN
Oakland Physical Therapy, P.C., Providence Park Medical Center, 47601 Grand River, Suite B124, Novi, will present *The Latest Advances in Exercise for Low Back Pain* 7 p.m. No charge; however, space is limited. For reservations, call (248) 380-3550.

SAT, JAN. 26
BIRTH
Beaumont Hospital will offer *Vaginal Birth After Cesarean* 9 a.m. to 1 p.m. at Beaumont Rehabilitation and Health Center, Classroom B, 746 Purdy Street, Birmingham. Fee: \$25. To register, call (800) 633-7377.

JAN. 28 & 30
ADULT CPR
St. Mary Mercy Hospital, Livonia, will offer CPR instruction by certified trainers, 8-9 p.m. in Pavilion Conference Room A. Jan. 28 will focus on adult CPR and Jan 30 will focus on infant and child. Participants can choose to attend one or both days and will receive a written exam and a certificate. Pre-registration is required. Call (734) 655-8940 or (800) 494-1650 (out-of-town callers only).

TUES, JAN. 29
RESTLESS LEGS
Those boots are made for walking so head over to the Restless Legs Syndrome Support Group 2 p.m. at OptimEyes, 35184 Central City Parkway, across from Marshall Fields in Westland. No guest speaker, but lots of talk, talk, talk. Also, bring a trash-treasure item for a fun auction. Call Jan Prentice at (734) 463-4847.

THURS, JAN. 31
FACIAL REJUVENATION
Join plastic surgeon Dr. Nathan Monahan of the University of

Michigan Health System, 7-8:30 p.m. at the Center for Facial Plastic Surgery, 19900 Haggerty, Suite 111, Livonia. Dr. Monahan will discuss non-surgical and surgical interventions related to facial rejuvenation. Registration required and limited to 10 individuals. Call (734) 432-7651 or (800) 943-3223.

BLOOD DRIVE
The American Red Cross will sponsor a Community Blood Drive at St. Mary Mercy Hospital in Livonia from 7 a.m. to 3 p.m. in West Addition A and B. Participants should use the Marian Professional Building Entrance off Levan Road. To schedule a time to donate, call (734) 655-2907. Walk-ins are accepted, but appointments are preferred.

WED, FEB. 6
MENOPAUSE
Join the Menopause Support Group St. Mary Hospital in Livonia, 7 p.m. and share concerns about menopause, mid-life issues and health-related matters. The group meets in West Addition B. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

SAT, FEB. 9

LIFE SUPPORT
St. Mary Mercy Hospital, Livonia, will offer a basic life support training class, *Friends & Family*, 9 a.m. to noon in the auditorium. Parents, caregivers and adult family members will learn to perform cardiopulmonary resuscitation for infants and children up to age 8 during cardiac and breathing emergency. The class is sponsored by the American Heart Association. For fee information and to register, call (734) 655-8940 or (800) 494-1650 (out-of-area callers only).

TUES, FEB. 12
BREAST CANCER
St. Mary Hospital in Livonia will host the Breast Cancer Support Group, 7-9 p.m. in West Addition B. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

POSTPARTUM
St. Mary Hospital will host the Mother-Baby Postpartum Support group, 10-11 a.m. in West Addition B. Mothers and babies are encouraged to attend this group as a certified lactation consultant will discuss the postpartum period of adjustment. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

SKIN CANCER

Dr. Hossein Nabai of St. Mary Mercy Hospital will speak on skin cancer at St. Collette Church, 17600 Newburgh (across from Laurel Park Place), Livonia, 7 p.m. Call Joanne at (734) 464-4438.

FEB. 12 - MARCH 19

MASSAGE THERAPY
St. Mary Mercy Hospital in Livonia is offering couples a six-week course on massage therapy 7-9 p.m. Tuesday evenings. Learn how to provide a massage for your partner that is not only nurturing but also therapeutic. The class is structured with a demonstration and hands-on practice. The cost is \$150 per couple. Enrollment is limited to seven couples, so call today! Full payment is due February 5. Payments can be made by cash, check, or credit card. Call the Physical Medicine and Rehabilitation Department at (734) 655-2955.

THURS, FEB. 14
CHILDHOOD IMMUNIZATIONS
St. Mary Mercy Hospital, Livonia, will offer an Infant and Child Immunization Clinic 8:30-9 p.m. in West Addition A and B. Pending availability of serum,

St. Mary Mercy health care professionals will administer all routine childhood immunizations to children under age 18. Please bring all available immunization records to be updated. No registration required. The fee is \$5 per child. Call (734) 655-8940 or (800) 494-1650 (out-of-area callers only).

SAT, FEB. 16
STOP SMOKING
Providence Hospital in Southfield will host a stop-smoking wellness seminar 10 a.m. to noon in the Medical Building, 22250 Providence Drive. One-time fee of \$59 includes hypnosis session, behavior modification booklet, audio cassette tape and free repetitions of the seminar if needed. Call (877) 345-5500.

MON, FEB. 25
STOP SMOKING
Providence Medical Center-Livonia: Mission Health Medical Center, 37595 Seven Mile, will offer a stop-smoking wellness seminar 6:30-8:30 p.m. Cost of \$59 includes hypnosis session, materials and free repetitions of the seminar if needed. Call (877) 345-5500.

SPOTLIGHT ON

Orthodontics

by Josephine Finazzo, D.M.D.

READING BETWEEN THE TEETH

One of the most important aspects of orthodontic treatment involves proper hygiene to remove accumulations of food particles and plaque that promote tooth decay. Flossing is absolutely critical in this effort. Braces present a particular challenge because arch wires obstruct the introduction of floss between teeth. There are special flossing products available, however, that allow for effective flossing by virtue of having one end of the floss coated with plastic so that patients can weave it through braces and teeth. The floss also has a spongy part that can be used to clean under the appliance. Standard floss can also be adapted.

THE ORTHODONTIC GROUP
19850 Middlebelt • Livonia • (248) 442-8885

Arthritis Today

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

DO INJECTIONS WEAKEN JOINTS?

In the care of swollen knees and shoulders, the removal of excess fluid, called effusion, and the injection of steroid preparation is a valuable procedure. My experience is that many individuals in need of such therapy shy away from it because of concern that the steroid injection will damage the joint. This fear is unfounded. The needle used for the procedure is too small to cause injury to cartilage and the steroid itself does not cause damage. The purpose of the medication is to stop inflammation. Injected steroids accomplish this goal by preventing the lining cells of the joint from secreting inflammatory chemicals. The type of steroid used in a joint differs from the steroids you take by mouth. For can the medication act to "loosen the joint". Steroids taken by mouth can soften bone, but steroids injected into the knee or shoulder do not have the chemical properties to leach calcium from either bone or cartilage.

The potential problem with a joint injection is introducing infection. Preventing this method is a matter of proper and sterile technique by the doctor and requires the same careful preparation that a physician uses for catheterization or undertaking an operation.

Steroid injections have a place in treating painful joints; you should not reject this therapy for reasons that do not hold up to medical scrutiny.

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ST. MARY MERCY HOSPITAL

We're growing. Come grow with us.

A Letter to the Community:

The response to our recent Job Fair on January 12 was outstanding with over 300 people seeking employment at St. Mary Mercy Hospital. I would like to personally thank those who took the time to stop by and visit the hospital.

While health care facilities nationwide are experiencing a workforce shortage, we at St. Mary Mercy want to assure the community that we are committed to meeting our mission of providing exceptional care and service to each and every one of our patients.

Through our recruitment efforts, we continue to attract the most qualified healthcare personnel in the area. The hospital provides:

- a supportive environment for employees
- educational opportunities
- employee recognition programs
- attractive health care benefits and
- an award winning Child Care Center.

In addition, our location in Livonia makes us part of a community recognized as one of the safest in the nation and one of the most desirable for raising a family.

St. Mary Mercy Hospital is one of the fastest growing hospitals in Michigan. Some of our recent accomplishments include being named a Top Tier Hospital by Blue Cross and Blue Shield of Michigan and becoming the only community hospital in Wayne County whose cancer program is accredited by the American College of Surgeons (ACOS). We've also experienced growth in many services such as Wound Care, Diagnostic Services, Surgery, Cardiovascular Care and the Emergency Center.

We're proud of these accomplishments, but they would not have occurred without the strong commitment of our employees, physicians and volunteer staff. On their behalf, I extend my appreciation for your support as we continue to care for the community into the New Year and beyond.

Sincerely,
David A. Spivey
President and CEO

Come grow with us!

For employment information at St. Mary Mercy Hospital, call the Job Hot Line at 734-655-2913 or email jdunham@stmarymercy.org. We are currently accepting applications and available positions can be accessed on our website at www.stmarymercy.org.