

St. Mary Mercy offers free alcohol screening



In order to help individuals get the facts on alcohol, St. Mary Mercy Hospital, Livonia is offering a free, anonymous education and screening program as part of National Alcohol Screening Day, Thursday, April 11. The screenings will be held 3-7 p.m. in the South Lobby.

As part of the program, participants will hear an educational presentation on alcohol problems, complete a written self-test, and have the opportunity to talk privately with a health professional. An educational video, pamphlets, brochures and flyers will be available, as well as referrals to local treatment and support resources for those who need further evaluation.

There is a no fee for this screening and registration is requested.

For more information, call (734) 655-2944 or (800) 494-0277 (for out of area callers). St. Mary Mercy Hospital is located at 34675 Five Mile in Livonia. Enter off Levan Road and use the Marian Professional Building Entrance.

MEDICAL DATEBOOK

APRIL

CHEMICAL SENSITIVITY

The Multiple Chemical Sensitivity Friends Support Group—a non-profit support group for people made ill by exposure to pesticides, fragrances, cleaners, etc.—will meet 2-5 p.m. Sunday, April 7, at 31904 Bradner Street (near the intersection of Bradner and 13 1/2 Mile), Warren. Please come unannounced. Call (248) 948-4972. The group previously met at the Good Food Company in Canton.

DIABETES

Lori Enno, a registered nurse and a diabetic educator from Providence Hospital, will present "Understanding Diabetes" 12:30 p.m. Sunday, April 7, at Our Lady of Loreto Church, northeast corner of Six Mile and Beech Daly, Redford. Lunch provided. \$5 donation accepted. Call the rectory at (313) 534-9000 or Sarah Martin at (313) 531-6770.

FIRST STEP VOLUNTEERS

First Step of Western Wayne County is seeking volunteers, men and women at least 18 years old, to assist with support groups, 24-hour helpline, court advocacy, crisis response team, and emergency shelter services. The next training starts Monday, April 8. Please call (734) 416-1111, ext. 202.

HEALTH & HUMOR

St. Colette Parish Health Ministry will present Amanda Hosok of St. Mary Mercy Hospital speaking about "Humor and Your Health" 7 p.m., Tuesday, April 9. The church is located at 17600 Newburgh Road (between Six and Seven Mile roads, across from Laurel Park Mall), Livonia. Call Joanne at (734) 464-4436.

EATING DISORDERS

Join Kyril Antares, author of *Finding a Break in the Clouds*, at her new workshop, "The Revelation," 7-

9 p.m. Wednesday, April 10, at the Neuromuscular Wellness Center, 38215 W. 10 Mile Road, Suite 6, Farmington Hills. Antares, who has conquered anorexia and bulimia, will share insights and offer solutions based on personal experience. Call Carrie MacGillis at (248) 333-1889 or e-mail: breakintheclouds@comcast.net.

SENIOR SUBSTANCE ABUSE

Senior Health Services of Saint Joseph Mercy Health System of Ann Arbor will present a Senior Health Lecture 1:30-2:30 p.m. Wednesday, April 10, at Caplan Summit in the Park, 46000 Summit Parkway in Canton. "Substance Abuse in Older Adults" will feature Dr. Bharati Srivastava and Joyce Davidson, who will discuss mixing alcohol with medications and what it means to be chemically dependent. Registration is required. To register, please call (734) 394-5485.

IMMUNIZATION CLINIC

St. Mary Mercy Hospital, Livonia, will offer an Infant and Child Immunization Clinic from 5:30-8 p.m. Thursday, April 11. WNJC 100.3 radio's afternoon show, featuring Chris Edmonds and Thelma Lechhart, will broadcast live from the hospital from 3-8 p.m. Please bring all available immunization records to be updated. No registration is required. The fee is \$5 per child. Call (734) 655-8940.

TREMOR SUPPORT GROUP

The Michigan Tremor Support Group will meet 7:30-9 p.m. Thursday, April 11, at Temple Israel, 5705 Walnut Lake Road, West Bloomfield. Dr. Shawn Bolton, a neurologist at the Michigan Institute for Neurological Disorders, will discuss current tremor research and therapies. The meeting is open to anyone suffering from tremors caused by Essential Tremor or Parkinson's Disease. Call (248) 683-2456.

Beware

Spring break binge tanning will burn you

Babes, beer and baking in the sun. What do these three things have in common?

They are the only subjects students are thinking about during spring break.

Vacationing teens need to expand their thought process and perhaps take a Health 101 class before they leave for the sun-soaked beaches of many popular spring break destinations.

"What most of these kids don't understand is that the sun, in large doses, is very bad for them," said Dr. Max McKinney, chairman of the Family Medicine

Department at Botsford General Hospital. "What they do know is that they are going somewhere tropical and it would be uncool to come home without a tan."

But at what cost is the suntan still worth it? Possible second-degree burns? Possible melanomas? Higher risk of skin cancer? Dr. McKinney offers some potential life-saving tips for students going on spring break:

- Wear sun-block. This is an absolute must if you are going to be in the sun for an extended

amount of time. McKinney recommends a minimum of 15 spf. Without sun-block, all sun-related risks go up exponentially.

- Protect the forgotten areas. Edge of the ears, tip of the nose and the brow are often forgotten when applying sun-block. Also, men with shaved heads need to remember their head is not protected.

- Watch the clock. Try to stay out of the sun between 10 a.m. and 2 p.m. when the sun's rays are the most dangerous.

- Talk to your doctor. Students who are on medication for

acne should talk with their doctor a few weeks prior to spring break and possibly stop taking their medication before they leave. The Tetracycline family of medications causes higher photosensitivity and therefore could increase the risk of sun-related illness.

- Skin checks. Do frequent, routine skin checks. If any moles or freckles change shape, size or color, or blisters appear, have them checked by a professional immediately.

Safe from page C5

"Pools are not as likely to be a problem, but hot tubs are a breeding ground for all types of skin infections," she said. "If the water doesn't look clean, don't get in. If you can, ask how the hot tub is cleaned and maintained and how the water is tested to ensure its sanitary."

Crime risks

Remaining alert is the best way to protect yourself against crime while on spring break.

"You have to go into this smart. There are people, bad guys, who go into areas where kids go for spring break. They smell out vulnerability," said Debra Phillips, safety coordinator, Saint Joseph Mercy Hospital, Ann Arbor.

While young travelers have for a long time been the targets for

crimes such as robbery, the stakes have grown even higher in the wake of club drugs and date rape drugs, said Dr. Phillips. A young woman's best defense against rape is to remain alert and trust her instincts.

"God has given us an instinctive reaction where the hair raises on the back of your neck. Pay attention," she said. "Women who have been raped will tell you that the situation just didn't feel right."

Often the best way for travelers and parents to maintain peace of mind during spring break is to arrange a chaperone, said Frydlewicz.

"If you can find the right chaperone, the kids can go and have fun, but not worry about the adults breathing down their necks."

Carpenter from page C5

decisions on spring break, but also it will help them make better decisions every day for the rest of their lives.

Another reason teens may go along with the crowd on spring break is that they don't consider the consequences. We've all heard the dangers of drinking. Some college students have even died from alcohol poisoning. So why would a teen want to be part of such irresponsible behavior? Because they want to be accepted and feel they are part of the party. They also think they will live forever.

Parents should have an open discussion with their teens about consequences. Ask them what they know about the dangers of alcohol and drugs. Discuss how a moment of partying and casual

sex can affect their reputation, or more significantly, their long-term health and well-being.

Parents need to set a good example by insisting on what they feel is in their child's best interest. Parents shouldn't succumb to pressure from their child or their child's friends. If parents feel their son or daughter has a history of poor decision-making and does not have the confidence to stand up to being responsible on spring break, they shouldn't be afraid to tell them "no, you can't go." This tough decision might be the best decision a parent can make.

David Carpenter is a child and adolescent counselor with the Henry Ford Behavioral Health. Contact him at (313) 874-6677.

Treatment from page C5

an. "We now have the portable unit here two days a month, and as the number of cases increase so will the number of days the mobile unit comes to the hospital."

The patient is home after a brief two- to three-hour stay, said Rahmanian.

Lithotripsy uses the technique of focused shock waves to fragment a stone in the kidney or the ureter (a tube that carries urine from the kidney to the bladder). Previously patients were placed in a tub of water. Because of advancements in the procedure, patients now lie on a table and a machine sends shock waves that focus on the stone, shattering it.

ESWL is used when a kidney stone is too large to pass on its own, or when a stone becomes lodged in the ureter and will not pass.

St. Mary Mercy Hospital is located at 34675 Five Mile in Livonia. For more information about lithotripsy, call Marketing/Public Relations at (734) 655-1591 or the Physicians Referral Service at (888) 464-WELL. The hospital's Web site is www.stmarymercy.org.



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Free Ask the Attorney Seminar

If you have questions regarding legal issues for your loved one, don't miss this important event.

Guest Speaker Michael Viterna, Esq.

Wednesday, April 17, 2002
6:00 p.m. - 8:00 p.m.

Making sure that your loved one's with Alzheimer's legal affairs are in order can be a very challenging and confusing task. You may not even know where to begin. Arden Courts of Livonia would like to help by hosting this informative seminar. Michael Viterna is an attorney specializing in veteran's affairs with Fausone, Taylor and Bohn in Northville. He is admitted to practice at the Federal District Court and the U.S. Court of Appeals for Veteran's Claims. Michael Viterna will now join us to share his legal knowledge on Elder Law Issues with a particular focus on Guardianship and Durable Power of Attorney.

Join us for this special seminar. Seating is limited, so make your reservation early. Adult day care will be provided by qualified staff. Please ask about this service when making your reservation. Refreshments will be served.

Arden Courts
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