

## Mental stress affects blood flow to heart

Mental stress can trigger a lack of blood flow to the heart and increase the risk of death in people with coronary artery disease, researchers report in *Circulation: Journal of the American Heart Association*.

"Patients who had ischemia in response to mental stress had a three-fold increase in the risk of death compared to people without mental stress," says Dr. David S. Sheps, lead author and associate chief of the division of cardiovascular medicine, University of Florida Health Sciences Center, Gainesville. "This adds up to a growing body of evidence that links mental stress and bad outcomes in individuals with coronary artery disease."

Researchers used an imaging test called radionuclide angiography to detect "wall motion" abnormalities in the heart's pumping during ischemia, which occurs when there is not enough blood flow in the coronary arteries. Radionuclide angiography

involves injecting a dye to label red blood cells. This lets researchers view the working heart.

"Wall motion abnormalities are specific markers of ischemia," Sheps says. "Radionuclide imaging provides us a motion picture of the heart beating. Normally there is a nice symmetrical motion of the heart. With ischemia, certain portions will contract less vigorously or bulge out."

Mental stress increases oxygen demand because blood pressure and heart rate are elevated, he says. Vascular resistance and coronary artery constriction during mental stress also decrease the blood supply.

Psychological factors such as anger or depression didn't increase the patients' incidence of death in this study. They have been shown to be risk factors in other studies.

The 196 patients in this study, participants of Myocardial Ischemia (PIMI), had documented coronary artery disease and exercise-induced ischemia. Patients had a more than 60 percent narrowing in at least one major coronary artery or a previous heart attack.

## Holistic from page C5

over the years. It is my intention to carry on this work for many years to come," said Irene Gauthier, the institute's founder.

The new school will offer a nationally accredited massage program, an expanded community education program, and a retail store. In addition, the school will provide a student clinic where the public can receive a one-hour massage for \$30, or \$25 for seniors.

"We decided to build this new facility when we outgrew our original Southfield location. The

public's interest in complementary care has grown dramatically, as people are wanting to take responsibility for their own health," said Kathy Gauthier, the school's director.

"I'm so proud of my mom's accomplishments. To think she started out teaching massage in the basement of our house, and now to have the largest school in the state is really something. Although she tends to be a little modest, she is a very gifted healer. We're lucky to have her."

### MAY

#### Menopause

Clinical psychologist Dr. Gail Majcher will present eight one-hour, weekly group therapy sessions on menopause. Topics include psychological-emotional changes, physical changes, hormone replacement therapy, natural remedies, relationship disruptions, and sleep irregularities. Sessions begin 4-5 p.m. or 6-7 p.m. Tuesday, May 7 and May 14. Presented by social worker Ron Harrison in Classroom EC4, 2nd Floor Education Center, 6305 Elliott Drive, St. Joseph Mercy Hospital. Call (734) 973-7892.

#### Breast Cancer

The breast cancer education and support group at Beaumont Hospital presents "Beyond Tamoxifen...hormone replacements, treatments and breast cancer" 7-9 p.m. Thursday, May 9, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile, Royal Oak. Dr. Marc Lippman of the University of Michigan, a nationally recognized expert in the oncology and endocrinology, will be the presenter. Call (248) 561-8585.

#### New Dads

St. Joseph Mercy Hospital will offer a "Boot Camp" for new fathers noon to 4 p.m. Saturday, May 4, at SJM Health Stop, Briarwood Mall, 620 Briarwood Circle, Ann Arbor. Veterans dads with babies will offer hands-on experience. Class taught by men. Call (734) 712-6400 or (800) 231-2211.

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### NOTICE OF LAST DAY OF REGISTRATION OF THE QUALIFIED ELECTORS OF OAKLAND COMMUNITY COLLEGE DISTRICT FOR THE REGULAR BIENNIAL ELECTION TO BE HELD ON MONDAY, JUNE 10, 2002

TO THE QUALIFIED ELECTORS OF OAKLAND COMMUNITY COLLEGE DISTRICT:

PLEASE TAKE NOTICE that the Regular Biennial Election of Oakland Community College shall be held on Monday, June 10, 2002, in conjunction with the regular elections of component school districts. At this election, two (2) candidates will be elected to serve on the Oakland Community College Board of Trustees for regular 6-year terms beginning July 1, 2002 and ending June 30, 2008.

Act 116, Public Acts of Michigan, 1954, as amended, provides in part as follows:

The inspectors of election at an election or primary election in this state, or in a district, county, township, city or village in this state, shall not receive the vote of a person whose name is not registered in the registration book or listed on the computer registration precinct list of the township, ward, or precinct in which he offers to vote.

The last day for receiving registrations for this election will be Monday, May 13, 2002. Persons residing in the Oakland Community College District registering after 6:00 p.m. on Monday, May 13, 2002 will not be eligible to vote at the election. Only persons residing in the Oakland Community College District who have registered as general electors with the appropriate clerk of the city, village or township in which they reside, or through registration at a Secretary of State drivers license bureau or other agency designated to accept applications for voter registration under Michigan law, are registered electors of the Oakland Community College District. Persons planning to register must determine when the city, township or village offices or Secretary of State drivers license bureau offices will be open for registration.

Effective April 1, 2000, Public Act 18 of 1999 amended the Michigan Vehicle Code to correspond a person's voter registration address with the person's driver's license address. An address change submitted by an individual to update his or her driver's license record will automatically carry over to the individual's voter registration record.

Please take further notice that only registered electors residing in the Oakland Community College area of any component school district will be eligible to vote at the regular biennial election of Oakland Community College.

This Notice is given by the order of the Board of Trustees of Oakland Community College, State of Michigan.

SANDRA L. RITTER  
Secretary, Board of Trustees  
Oakland Community College

Published April 28 and May 2, 2002

### MEDICAL DATEBOOK

**TEENS/DRUGS**  
St. Joseph Mercy Hospital in Ann Arbor will host a two-night program on "Teens Using Drugs" 7:30-9 p.m. Tuesday, May 7 and May 14. Presented by social worker Ron Harrison in Classroom EC4, 2nd Floor Education Center, 6305 Elliott Drive, St. Joseph Mercy Hospital. Call (734) 973-7892.

**BREAST CANCER**  
The breast cancer education and support group at Beaumont Hospital presents "Beyond Tamoxifen...hormone replacements, treatments and breast cancer" 7-9 p.m. Thursday, May 9, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile, Royal Oak. Dr. Marc Lippman of the University of Michigan, a nationally recognized expert in the oncology and endocrinology, will be the presenter. Call (248) 561-8585.

**ALZHEIMER'S**  
Maple Manor Assisted Living, 3999 Venoy Road (south of Michigan Ave.), Wayne, will host a lecture on Alzheimer's disease, presented by Dr. Myrna Malabonga 7 p.m. Thursday, May 9. Dr. Malabonga will discuss symptoms and new drug therapies. Refreshments. To RSVP, please call (734) 727-0440. Seating is limited.

**POST C-SECTION NATURAL BIRTH**  
Beaumont Hospital, 44201 Dequindre Road, Troy, will offer "Vaginal Birth After Cesarean" 7-9:30 p.m. Friday, May 10 and May 17, in Classroom 1. Cost: \$25. Call toll-free (800) 633-7377.

**CHRONIC ILLNESS**  
The Chronic Illness Coalition will sponsor a forum about coping with chronic illness noon to 4 p.m. Saturday, May 11, at the Southfield Center for the Arts, 24350 Southfield Road, Southfield. Doug and Carol Langensfeld, authors of *Living Better, Every Patient's Guide to Living with Illness*, will be the main speakers. Cost is \$10 for general public and persons with chronic illness and \$20 for nurses and health care profes-

sionals. To register, call (734) 266-2422.

**THYROID**  
The Michigan Thyroid Support Group will meet 6:30 p.m. Monday, May 13, at the Plymouth Library 223 S. Main, Plymouth. Dr. Jerrold Weinberg of The Birmingham Menopause Institute (www.birmingham-menopause.com) will be the guest speaker. Call Tracy Green at 734-463-7945 or e-mail mthyroid@comcast.net or visit http://mihometown.com/oe/thyroid

**BABY FAIR**  
Come visit the Beaumont Baby Fair noon to 4 p.m. Saturday, May 18, at Beaumont Hospital, Administration Building, 3601 W. Thirteen Mile Road (west of Woodward Ave.), Royal Oak. Mini classes on breastfeeding and postpartum adjustment. Lots of displays, information and prizes. First 300 participants will be eligible for free gifts. Call (248) 561-3887.

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