

## MEDICAL DATEBOOK

## MAY

**CHEMOTHERAPY**  
Beaumont Hospital's Sharing & Caring program will present "Cognitive Exercise to Combat Chemo-brain" 7-9 p.m. Thursday, May 23, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile, Royal Oak. Call (248) 551-8585.

**GRIEF SUPPORT**  
Angela Hospice in Livonia offers ongoing grief support every second and fourth Tuesday of the month. Support group meets 1 p.m. and 6 p.m. Tuesday, May 28. Call Ruth Fawcett, bereavement coordinator, at (734) 464-7810.

**DEPRESSION**  
The University of Michigan Depression Center offers a "Family Education Workshop" 6-8 p.m. Monday, May 20, at the East Ann Arbor Health Center. Learn about depression's risk factors and treatments. Open discussion will be facilitated at the end of the session. \$25 per person; \$30 per family. Preregister by calling (734) 764-0267 or visiting [www.med.umich.edu/depression](http://www.med.umich.edu/depression). Workshop also offered June 24.

## RESTLESS LEGS

The Restless Legs Syndrome Support Group will meet 2-3 p.m. Tuesday, May 21, at Opti-Meys, Central City Parkway (across from Marshall Field's), Westland. Video presentation featuring Dr. David Rye and Dr. Richard Allen of the Arthritis Association, who will discuss "RLS Origin, Aggravation and Treatment" and "Dopamine and Iron Connection." Call Jan Prentice, (734) 453-4847.

## CANCER/SEXUALITY

Beaumont Hospital's Sharing & Caring program offers "Cancer Treatment and Sexuality Issues" 7-9 p.m. Thursday, May 30, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile, Royal Oak. Call (248) 551-8585.

## CPR REVIEW

The American Red Cross will offer a "CPR Review" for individuals with current CPR certification 6-10 p.m. Thursday, May 30, at the Livonia Service Center, 36650 Five Mile, Livonia. Recertification in adult, infant, child, community CPR or CPR for the professional rescuer. Four hours. Fee: \$25. Call (313) 494-2740.

## JUNE

## LONG-TERM CARE

Beaumont Hospital's Older Adult Services will offer "Be Smart About Diets" 7 p.m. Tuesday, June 4, at the Evergreen Health & Living Center, 19933 W. 13 Mile, Southfield. Call (800) 633-7377 for more information. Beaumont Hospital will offer "Considering Long-Term Care Options," 7 p.m. Wednesday, June 5, in the hospital's Administration Building, first floor-Auditorium, 3601 W. 13 Mile, Royal Oak. The class, taught by an attorney, will address housing, tax guidelines, Medicare, Medicaid and other related legal issues. Call (800) 633-7377.

## FAMILY FUN

Oakwood Healthcare Center, 29150 Ford Road (east of Middlebelt), Garden City, will sponsor a Family Fun Day 9 a.m. to 1 p.m. Saturday, June 8. Free games, refreshments, activities, face-painting, safety programs and a miniature golf tournament. For adults, the center is offering blood pressure and diabetes screening.

## Alcohol use among girls

Girls are beginning to drink at younger ages than ever before. The Substance Abuse and Mental Health Services Administration's 1996 National Household Survey on Drug Abuse (NHSDA) found that in the early 1990s 31 percent of new female users of alcohol were ages 10 to 14. In the 1980s that figure was 7 percent.

**More sobering facts:**  
■ According to SAMHSA's 1996 NHSDA, 38 percent of girls ages 12 to 17 reported ever using alcohol.

■ The same survey indicated that nearly 7 percent of girls ages 12 to 17 reported binge drinking (having five or more drinks in a row on one occasion) in the past month.

■ Overall, white non-Hispanic girls ages 12 to 17 reported the greatest levels of lifetime, past-year, and current use of alcohol when compared with black non-Hispanic and Hispanic girls. Past-month usage for white non-Hispanic girls was 22 percent; for Hispanic, 18 percent; and for black non-Hispanic, 16 percent.

**Risk factors for girls who use alcohol:**  
■ Puberty tends to bring a higher incidence of depression among teenage girls, which can trigger alcohol use.

■ Adolescent girls who are heavy drinkers (five or more drinks in a row on at least five different days in the past month) are more likely than boys to say they drink to escape problems or because of frustration or anger.

■ Girls are particularly susceptible to peer pressure when it comes to drinking. They are more likely than boys to drink to fit in with their friends. Boys drink largely for other reasons and then join a group that also drinks.

**Female gender response:**  
Smaller amounts of alcohol are more intoxicating for females regardless of their size. Three physiological reasons may be responsible:

■ When people drink, alcohol spreads into the water in their bodies. Because females have smaller amounts of body water to dilute the alcohol, they have higher concentrations of alcohol in their blood than males who drank identical amounts of alcohol.

■ An enzyme called "alcohol dehydrogenase" helps metabolize or process alcohol. In males, this enzyme breaks down much of the alcohol in the stomach so less of it enters the circulatory system. In females, the enzyme is less active.

■ Changing hormone levels during the menstrual cycle may affect the rate of alcohol metabolism in females.

For comparative information, see SAMHSA's Alcohol Use Among Boys fact sheet.

## Influence from page C4

not, to say their parents' methods of preventing them from using drugs are effective.

■ Teens who have open and honest communication with their parents are more likely than those who do not, to say their parents influence their decisions about sexual activity.

■ Teens who have open communication with their parents are significantly more likely than those who do not, to say that punishment has kept them from doing the same thing again.

■ The important message for parents is that "you do make a difference," said John Connors, executive vice president and manager of Liberty Mutual's personal insurance operations. "In the face of media and peer pressure, many parents feel their role in influencing their children's choices is marginalized. Clearly, this is not the case."

The Teen Today report amplifies other SADD and Liberty Mutual research indicating the importance of parent-child communication in teen decision-making and reinforces the influence parents can have by conveying their expectations regarding behavior. This new data reveals that:

■ Repeaters are significantly less likely than experimenters or avoiders to say that it is important to them to live up to their parents' expectations regarding drinking, sex and drugs.

■ Teens who have open communication with their parents are significantly more likely to try to live up to their parents' expectations.

■ Teens who do not have open communication with their parents are significantly more likely than those who do, to say that they wish their communication with parents were different.

The Teen Today research also suggests that parents who adopt "zero-tolerance" attitudes about destructive decision-making by their teens may be more effective in helping their children avoid trouble.

Teens themselves offered specific advice for parents as to how they might best help their children make healthy choices, including:

- Initiating dialogue about decision making
- Staying up until teens return home
- Enforcing curfews
- Requiring that teens sleep at home
- Calling friends' parents to ensure supervision
- Asking teens to "check in" by phone during the evening
- Enforcing consequences for misbehavior

According to Penelope Wells, SADD president and executive director, "All of this data strongly reinforces how important a role parents can play in shaping teen attitudes and behavior. Parents who vigorously embrace that role are less likely to have teens who make destructive decisions."

For more information about SADD, call (877) SADDINC or check on line at [www.saddonline.com](http://www.saddonline.com) on the Internet.

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## TROUBLE BREATHING?

Do you experience  
**Shortness of Breath  
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Has a doctor ever told you that you have  
**EMPHYSEMA or COPD?**

You may be eligible to participate in research study evaluating  
**Investigational New Treatments for COPD**  
(Chronic Obstructive Pulmonary Disease).

**We are now actively recruiting participants.**

TO QUALIFY: You must be 40 to 80 years of age and have smoked one pack of cigarettes a day for at least 10 years. Qualified participants will receive respiratory evaluations and instructions, study related medical care and study medication. Subjects will not be charged for taking part in these investigational studies.

For more information about taking part in this study or to register for consideration in future studies, please call:

**Gary T. Ferguson, M.D.  
248-471-7951**

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

**CLAUDICATION**  
The medical community says "intermittent claudication." This term refers to the experience of walking and feeling sharp pains in your legs, usually your calves. The pain disappears if you stop or sit down for a few minutes. When you start walking again you do well for a half block or more, then the pain comes back in the legs and you must stop again.

What you are experiencing is claudication—the inability of the leg muscles to obtain the blood supply needed to continue activity. Flattening of the aorta blood supply as it passes temporarily stops this need for muscle activity. Blood supply to the muscles is compromised as the leg arteries are narrowed by cholesterol deposits.

You may mistake pain in the area of the knee or calf as coming from your knee joint and believe you are getting the arthritis changes that accompany old age. Your doctor may think you are showing evidence of the condition spinal stenosis which can give similar leg pain. However, in spinal stenosis you do not feel burning stings, going up hill, or riding a stationary bike. In contrast, if you have claudication from narrowed leg arteries, the same activities quickly bring on pain.

Modern doppler equipment can confirm the diagnosis at a reasonable cost and with no discomfort to you. Treatment may be through diet or cholesterol lowering medications. A variety of surgical interventions are available also; claudication is not a condition you must endure. Recognition is the greatest obstacle to cure.

[www.drjweiss.yourmd.com](http://www.drjweiss.yourmd.com)

**Howdy Partner!**

Time to Saddle Up  
Yer Horse  
'Cuz It's  
Boot-Tappin' Time!

You and a Guest are Kindly Invited to  
**The Trowbridge Western Hoe-Down!**

Thursday, May 23rd at 7:30 p.m.

Featuring Loads of Down-Home Fun and Free Country Cooking!

Enjoy the Taste of Saucy Chicken Wings, Mini Hot Dogs, Refreshing Lemonade and More!

**FREE FOOD AND ENTERTAINMENT!**

Don't Miss the Authentic Horse-Drawn Buggy Rides, Country Musicians Don Radar & Al Savage, Dancing and Complimentary Portraits of You as a Cowboy or Saloon Girl!

Due to the popularity of The Trowbridge events, please RSVP to Libby at (248) 352-0208 By Monday, May 20th

Yee Haw!

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