

Men: Reduce your risk of heart disease

Men can reduce their risk of cardiovascular disease, which includes heart attack and stroke, by doing some specific things – and not doing others. That's good news, because there are some risk factors men cannot control: gender, family history, race, prior heart attack or stroke, and age.

Risk factors men can control or eliminate are high blood pressure, high cholesterol, physical inactivity, smoking, overweight/obesity, and an unhealthy diet.

High blood pressure

■ If your blood pressure readings are 140/90 mm Hg, your healthcare provider will probably recommend an increase in your physical activity, a healthier diet and possibly medications to control the disease. Men who have readings at the high end of the normal range should have their blood pressure checked every six-12 months.

High cholesterol

■ High cholesterol increases the risk of heart disease and stroke. If you have high blood pressure or diabetes, your doctor may recommend checking your cholesterol every one to two years.

Diet

Recommended nutrient intake for healthy Americans:

■ Less than 10 percent of total calories from saturated fatty acids
■ An average of 30 percent or less of total calories from all fats. (The average daily intake of total fat in the United States is 81.4 grams; for American males it's 96.5 grams.)
■ Less than 300 milligrams (mgs) of cholesterol per day. (The average daily intake of cholesterol in the United States

is 269.6 mgs; for males it's 323.6 mgs.)

■ Dietary energy (calorie) levels are needed to reach and maintain ideal body weight.
■ Avoid too much salt or alcohol. If you drink, don't consume more than one or two drinks per day.

■ The recommended daily intake of dietary fiber is 25+ grams. (American males consume a daily average of 17.8 grams.)

Physical inactivity

■ Regular aerobic exercise helps lower the risk of cardiovascular disease and lowers blood pressure in men. It's important to maintain an ideal body weight and get adequate exercise (at least 30 minutes a day, preferably seven days a week) and eat a healthy diet. Weight reduction, even by 5 percent, can reduce the risk factors for heart disease.

Camp seeks campers, counselors

DETROIT, MI (23 April 2002)

– Camp Grace Bentley is getting ready for its 2002 summer sessions that begin on Sunday, June 30 – giving kids with special needs a special summer. The camp is located along the shores of Lake Huron in Burtchville, Mich. (just north of Port Huron). One of this year's updates will include a new in-ground pool, accessible to all campers.

For more than 70 years, kids ages 7 through 17 have enjoyed nearly two weeks at the site, where kids with special needs are encouraged to be themselves. Campers develop a greater sense of independence through new adventures and working with others. This year, Camp Grace Bentley is offering three, 12-day sessions:

■ Session One: Sunday, June 30 to Friday, July 12
■ Session Two: Sunday, July 14 to Friday, July 26
■ Session Three: Sunday,

July 28 – Friday, August 9

The cost of the camp is \$300 (all-inclusive) and space is limited, with approximately 70 campers allowed per session. The camp provides a safe environment; trained counselors and a registered nurse care for the campers around the clock. Parents or guardians who wish to send their children to Camp Grace Bentley should call (313) 962-8242. Camp sponsorships are also available for families with limited resources.

"This year the camp is installing a new, in-ground pool

and therapeutic whirlpool, for all of the campers to enjoy," said Margaret Driscoll, president of Camp Grace Bentley.

Camp Grace Bentley is also looking for motivated individuals to become counselors. Those interested should call (313) 962-8242 for more information.

Individuals or businesses interested in sponsoring a child can help Camp Grace Bentley provide camp sponsorships to kids with limited resources. A tax-deductible \$300 donation sponsors a child for one session. Call (313) 962-8242.

SPOTLIGHT ON

Orthodontics

by Josephine Finazzo, D.M.D.

USING MAGNETS TO MOVE TEETH

Correcting tooth alignment is not a matter solely reserved to wires and elastic bands. They embedded teeth through a bony barrier. Today's treatments are less expensive, less steel casing and an acrylic covering, are also used to correct crooked teeth. They make use of opposing magnetic forces to move teeth. In some cases, magnets can be used to replace orthodontic headgear. In other cases, they may be fitted to upper and lower posterior molars and bicusps to correct an open bite. As the patient's visulize what the end result of "like" poles in the implanted magnets oppose each other, they force the teeth back into the jaw. (1930 Middlebelt), we're here to give you line to correct an anterior bite. Sometimes, something is so simple about! Look for our next magnetic therapy treatment is shorter than article in two weeks.

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HIP PAIN

Unusually hip pain is groin pain. This pain is associated with the inability to cross the leg of the hip of the involved leg. The person with a bad hip walks with a limp with the involved leg in a rotated and abducted position.

However, there are variations. First is the patient. Many come to the doctor announcing that they have "hip" pain. Only after an interview and beginning to examine the patient, does the doctor find that what the patient considered hip pain was really in the back or in the trochanteric bursa, or came from strained adductors or hamstring muscles. My own experience led me to start the appointment with persons announcing they have hip pain, by asking, even before they begin their narrative: "Show me where it hurts."

The second problem comes from the cause of the hip pain. If you have osteoarthritis of the hip, you will experience the features of hip pain as discussed above. If you have another condition such as aseptic necrosis of the femoral head, you often present differently. You may be able to walk without groin pain, but when in your public area while sitting or standing in the low back and buttocks when arising from a chair or getting in or out of your car. Your hip muscles split the joint. While that spurs your hip, it also puts strain on the hamstring and adductor muscles.

Hip disorders can be chronic, and at times, difficult to diagnose. If hip pain is your complaint, be prepared for time and testing.

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**CITY OF FARMINGTON
SPECIAL STUDY SESSION
(Summary)**

A special study session of the Farmington City Council was held on Monday, June 17, 2002, in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1976.

The meeting was called to order at 6:30 p.m.

COUNCIL MEMBERS PRESENT: Bush, Campbell, Harrison, Mitchell, McShane.

COUNCIL MEMBERS ABSENT: None.

FARMINGTON CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, City Manager Lauhoff, Assistant City Manager Richards.

Council met to further discuss the formation of an ad hoc committee to support Civic Theatre activities.

Meeting adjourned at 7:57 p.m.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

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**CITY OF FARMINGTON
COUNCIL PROCEEDINGS
(Summary)**

A regular meeting of the Farmington City Council was called to order by Mayor Mitchell at 8:00 p.m. on Monday, June 17, 2002 in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1976.

PRESENT: Bush, Campbell, Harrison, McShane, Mitchell.

ABSENT: None.

OTHERS PRESENT: Clerk/Treasurer Cantrell, Director Goss, Director Guahman, City Manager Lauhoff, Assistant City Manager Richards.

The agenda was approved as submitted.

Minutes of the regular and special meetings of June 3, 2002 and the jointly funded agencies budget study session of May 7, 2002 were approved.

Minutes of other boards were received and filed.

Miss Tracy Finlayson, current Miss Farmington/Oakland County, announced the names of the contestants vying for the 2002 title.

Judy Downey, Downtown Development Authority Director, provided a quarterly report, with project reports provided by Suzanne Paul and Ron Baker.

Council reappointed Demetra Mohas to the Traffic and Safety Board for a three-year term ending July 2005.

Council granted a fence variance request at 23060 Manning with stipulations.

Council granted a fence variance request at 31370 Shaw Street with stipulations.

Council granted a request by Mr. Roger Ratkowski to use the State Street City parking lot for a Special Cruise Night on August 14, 2002.

Council approved the request by Salem United Church of Christ to use a portion of Memorial Park for their annual Ice Cream Social and Band Concert set for Sunday, July 14, 2002.

Council approved an amendment to the City Fee Schedule adjusting water and sewer rates, recycling fees and other general fees.

Council approved revisions to the retiree medical and dental insurance programs.

Council approved the transfer of the balance of the 87-76 Special Assessment District fund to the General Operating Fund and a subsequent transfer to the Sidewalk Fund to support sidewalk repairs.

Council approved payment of Construction Estimate No. 1 to Summit Transport, Inc. of Brighton for the 2002 Paving Program.

Council comments were heard.

Meeting adjourned at 9:46 p.m.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

Published: June 23, 2002

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