

## Rx Briefs

### New MHA officers

Members of the Michigan Health & Hospital Association recently elected new officers and board members. Officers of the 2003 MHA Corporate Board include Dr. Paul LaCasse, chairman; Garry Faja, chairman-elect; and Georgia Fojasek, treasurer. LaCasse is vice president and chief medical officer of Botsford General Hospital, Farmington Hills. Faja is president and CEO of Saint Joseph Mercy Health System, Ann Arbor, and board member of St. Mary Mercy Hospital, Livonia. Fojasek is president and CEO of Foote Health System, Jackson.

The MHA is a state association, based in Lansing, that represents and supports Michigan hospitals, health systems and health care providers through education, advocacy and communications.

### Kidney cars

Tired of looking at the old clunker sitting in your driveway? Go ahead, free yourself of car repairs and donate your vehicle to the Kidney & Urology Foundation of America. The KUF accepts donations of cars, vans and trucks, models 1989 and newer, in running condition. Funds raised enable the KUF to continue research into the causes, treatments, and cures of prostate, kidney and urologic diseases as well as hypertension. Your donation also supports the foundation's public and professional education programs, patient services and pediatric enrichment programs. The KUF provides fast, free pick-up of your vehicle and will give you a letter for tax-deduction purposes. Call (800) 63-DONATE for more information on how to donate your vehicle. To receive more information about the KUF, call the above number or visit [www.kidneyurology.org](http://www.kidneyurology.org).

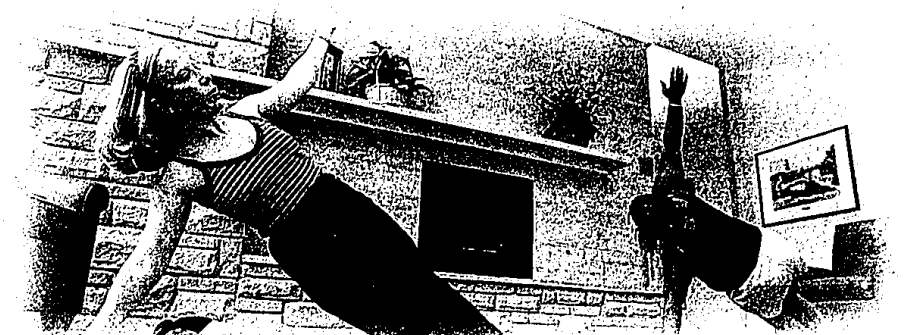
### "Bella" autos

SalomonSmithBarney invites you to join them at the historic Edsel and Eleanor Ford House in Grosse Pointe Shores Saturday, Aug. 3, as they present "Contours Italian Style," a celebration of historic Italian automotive design. Over 100 Italian vehicles representing Ferrari, Maserati, Lamborghini, Bizzarini, DeTomaso, Iso, Fiat and

Italian-designed domestics will be exhibited 9 a.m. to 4 p.m. Tickets are \$15 in advance or \$20 at the gate. Children under 12 are admitted free. All proceeds from this event will benefit The Epilepsy Foundation of Michigan. For more information, call (800) 377-6226.

### Breast Cancer

Postmenopausal women with an increased risk of developing breast cancer can take part in a national research study at Beaumont Hospital that will compare the effectiveness of two drugs in preventing breast cancer. Volunteers must take either tamoxifen, a drug approved by the U.S. Food and Drug Administration to reduce the incidence of breast cancer in women at increased risk; or raloxifene, which is approved by the FDA for treating osteoporosis and has shown promise in reducing a woman's chance of getting breast cancer. For more information, call (248) 551-7695.



# Healing

'Having a cancer diagnosis is intimidating enough, so you do all in your power to make the environment less intimidating....

When you have cancer you feel like your life is out of control. Here patients gain encouragement and confidence.'

# body soul

Kathleen Hardy  
Senior Social Worker

## Cancer center offers comfort, care, compassion

BY CHRISTINE BRODA  
STAFF WRITER

When you walk into the Weisberg Cancer Treatment Center on Northwestern Highway in Farmington Hills, you know it is a different kind of medical facility.

Pinewood walls stretch to the rafters of the lobby's elevated ceiling. Light pours from dozens of windows, illuminating the artwork. Water cascades down a mosaic tile wall. Here, where mind meets body and spirit mixes with science, the journey to healing begins for many cancer patients and their families.

"Having a cancer diagnosis is intimidating enough, so you do all in your power to make the environment less intimidating," said Kathleen Hardy, a senior social worker and cancer counselor at the Center. "The Center is open to any family touched by cancer in the community.... When you have cancer you feel like your life is out of con-

trol, so here they (patients) gain encouragement and confidence."

The Center, which opened in September, was developed to enhance the services of the Barbara Ann Karmanos Cancer Institute, one of the leading cancer research, treatment and education centers in the country. It combines state-of-the-art medical technology with unique complementary therapy offered in a non-clinical, comfortable environment. Patients have access to the most modern treatment protocols in radiation therapy and chemotherapy, in addition to an array of alternative therapies such as counseling services, support groups and activity workshops.

### MORE THAN MEDICINE

The philosophy behind the Center is that fighting cancer involves more than just doctors and nurses. Cancer is a disease that attacks the human spirit as well as the body, and therefore mind



BILL BRISLER/PHOTOVIEW

Top of page, instructor Lisa Fein and student Claudia Gee work out the Weisberg Center. Above, clockwise, Doris Roby of West Bloomfield (seated in background); Davya Cohen, volunteer art director who runs the weekly art group; Anna Bogow of Southfield; Rose Korinsky, Sinal Guild volunteer; and Bill Stuart of Birmingham.

and emotions must be involved if cancer treatment is to have its greatest impact. "We're not convinced that it (complementary therapy) makes cancer go away, but there's no question it helps with the quality of the patient's life during and after treatment," said Dr. Jeffrey D. Forman, the Center's medical director.

The Center offers a variety of alternative therapy options to patients and their loved ones: yoga and art workshops, therapeutic massage and aromatherapy, and stress management with guided imagery and meditation. Monthly lunch and supper lectures on cancer topics such as treatment advancements, nutrition, fatigue, pain and managing side-effects educate

patients, while networking and support groups are also available.

Hardy, who facilitates many of the Center's support groups, says special programs can restore energy, build the immune system and help patients relax their body as well as their mind. Counseling services provide camaraderie and collective wisdom.

"It's really nice because they (patients) learn all the practical things no one takes the time to tell you," he said, explaining that through support groups patients gain perspective and learn to accept changes in their priorities.

Pat Hamer of Canton has been com-

PLEASE SEE HEALING, C6

## How much you eat is as important as what you eat

In a world of value meals and super sizes, Americans' perception of food portions is not consistent with what is actually needed for daily sustenance.

Once driven by a response to our body's hunger and satiety, eating today is more likely influenced by cues such as social setting and the appealing look, taste and abundance of food. Portion sizes began to grow in the 1970s and rose sharply in the 1980s, along with our waistlines. Comparing recipes in old and new classic cookbooks such as Joy of Cooking shows that the same recipe from the 1970s serves fewer people in the most



recent edition, meaning that the portion sizes are indeed larger. According to a survey commissioned by the American Institute for Cancer Research (AICR), most Americans feel that the amount of food they are served in today's restaurants is "just right" and routinely clean their plates. However, most marketplace food portions now exceed federal standards for

serving sizes.

The same is true when eating at home. When the average person sits down to the dinner table, he or she dishes up double, triple and quadruple the recommended serving size of such staples as potatoes, pasta, bread and rice.

And adults aren't the only ones eating more. Researchers observed children's eating habits and found that children under age 4 will eat until they are satisfied, regardless of the amount of food served to them. However, by 5 years of age, children will eat more food when presented with larger portions.

While larger portions may be appropriate for growing children and active individuals, most Americans should look at decreasing their portion sizes rather than super-sizing them.

The United States Department of Agriculture estimates that the average American is eating 148 calories more per day than we did 20 years ago. This, theoretically, adds up to an extra 15 pounds each year. In the last two decades the prevalence of overweight in adults has tripled, and has doubled in children.



PLEASE SEE HOUSE CALLS, C6

Bethany Thayer, M.S., R.D.