

Rx Briefs

■ Senior fitness

St. Mary Mercy Hospital will offer a balance training class for seniors 9:30-10:30 a.m. Tuesday and Thursday for eight weeks beginning Sept. 24. In the Auditorium. This fitness class utilizes movements to improve balance, body awareness, strength, visual control, breathing and memory. There is a \$24 fee for this class, pre-registration is required. Call (734) 655-8940. St. Mary Mercy Hospital is located at 34675 Five Mile Road in Livonia.

■ Pediatric ER

The Pediatric Emergency Urgent Care (PEUC) at St. Joseph Mercy Hospital - Ann Arbor has completed its expansion and relocation. It has doubled in size and is now located at the entrance of the Emergency Department.

The PEUC has five advanced treatment rooms to perform a wide array of intensive care and emergency procedures. These significantly large rooms accommodate both patients and their families while allowing for rapid care, especially in life-threatening situations. The hospital also has an in-house surgeon specializing in pediatrics.

The PEUC offers a "kid-friendly" environment with the Disney Channel on every television and video games in each room.

■ Prostate study

Men with a history of prostate cancer who have bothersome hot flashes as a result of their treatment can participate in a research study at St. Joseph Mercy Hospital - Ann Arbor. The study will help determine if a low dose anticonvulsant is effective in reducing or eliminating hot flashes.

"Hot flashes are experienced by approximately 75 percent of men receiving hormone therapy for prostate cancer," said Dr. Philip Stella, medical director, Saint Joseph Mercy Cancer Care Center.

North Central Cancer Treatment Group is sponsoring this study out of the Mayo Clinic in Rochester, Minn. The Michigan Cancer Research Consortium Community Clinical Oncology Program is the only program in the state of Michigan offering this study. St. Joseph Mercy Hospital - Ann Arbor is the program's leading research institution.

For more information about this study or other cancer treatment and prevention trials, call (734) 712-5658 or toll-free (877) 590-5995.

■ Healing art

"Journey of the Soul," a collection of artwork by artist and cancer survivor Cindy Cllick Geist, will be on display in the Nancy A. Fox Art Gallery at the Assarian Cancer Center, 47601 Grand River Ave., Novi, through Aug. 31. The gallery is open 8 a.m. to 5:30 p.m. Monday-Friday.

With a lifelong passion for art and textiles, Geist turned to quilting to allow her hands to create "what her heart could not speak" during her cancer journey. One piece, titled "Healing Hands," boasts radiant African fabrics and numerous traced silhouettes of her nurse oncologist's hands. Geist's intimately detailed artwork will embrace viewers and invite them to interpret the messages and symbolism present throughout the exhibit.

Walking with



BY PAM FLEMING
CORRESPONDENT

An 8-year-old boy from Pune, India, who was scheduled to have a foot partially amputated, is now running, jumping and enjoying a normal life back in his native country thanks to the efforts of several local physicians. Area doctors recently donated their time and medical services to help this young boy suffering from a serious bone infection.

Dr. Mohammed Arsiwala, of Michigan Urgent & Primary Care Physicians in Livonia, learned about the case of Huzefa Kapuswala during a visit back home to India. The boy has spina bifida, a congenital defect in which the spinal cord is not fully closed. Children with spina bifida often develop clubfeet, as was the case with Huzefa.

The boy had surgery within his first day or two of life to close the hole in his spinal cord, but his clubfeet were not corrected. His case became complicated when he developed a severe bone infection in one of his feet.

After meeting and examining Huzefa in India in August 2001, Arsiwala learned the following December that doctors in India were prepared to perform a partial amputation of Huzefa's foot to prevent the spread of infection. Arsiwala then contacted Dr. Jeffrey Szczepanski, a doctor of podiatric medicine who works two floors above him

Dr. Jeffrey Szczepanski, above, a Livonia doctor of podiatric medicine, assures Huzefa Kapuswala that all went well during surgery to correct his foot. Huzefa, who was born with clubfeet, traveled with his mother from India so Szczepanski could save his foot from possible amputation. Left, Huzefa's foot following surgery.

at the Providence Professional Building at Seven Mile and Newburgh. Szczepanski and his partner, Dr. Neal Mozen, of Foot Healthcare Associates of Southfield and Livonia, agreed to take on the boy's case free of charge.

AMPUTATION STOPPED

Arsiwala was able to contact Huzefa's mother and have her stop the amputation the day before the surgery was scheduled. The boy's family then made plans to come to the United States to meet Szczepanski.

Huzefa and his mother stayed with his aunt Alefa Hakim of Canton and his uncle Akil Kapuswala of Westland during his medical treatment. Hakim said that her nephew was able to attend Batin Elementary School in Westland after the six weeks he was on IV antibiotics before the surgery.

"He made many friends while he was here," she said.

Kapuswala's uncle, Akil, said, "The school was just amazing. They went out of their way to help him. They had to help him get to the bathroom and they had a special wheelchair lift on the schoolbus. These little things were very much appreciated."

Akil said that his nephew wanted to go through with the surgery.

"He came here with a brave attitude. The doctors became his buddies, and he wasn't intimidated by the surgery at all. He was in a lot of pain afterwards,

Local doctors save boy from partial foot amputation



Dr. Jeffrey Szczepanski gets ready to say goodbye to Huzefa Kapuswala.

however, and it took some time for him to be able to put weight on his right foot again," Akil said.

CLUBFOOT COMMON

Szczepanski said, "Clubfoot happens quite often in children in America, but we treat it quite aggressively from the time they're born. We try to straighten the foot out as early as possible, so you

don't develop this type of problem." He noted that treatment of clubfoot in children with spina bifida is much more difficult.

Getting Huzefa and his mother to the United States took time. After a letter writing campaign helped to acquire the necessary visa, they arrived on Feb. 15 and began the long process of healing Huzefa's infection before

PLEASE SEE WALKING, C7

Senior athlete helps aging adults get moving at the Y

BY JENN KENNEDY
CORRESPONDENT

Group fitness instructor, Personal trainer, Cyclist. Active older adult. Yogi. Gardener. Livonia Family YMCA Volunteer of the Year. These are some of the titles Don Scheff of Northville Township holds at age 68.

A hockey player in his 30s, Scheff used to just cycle for exercise and coach his sons. However, he began exercising on a regular basis in 1999 at the Livonia Family YMCA through the HAP SilverSneakers' Plan.

That is when Don Scheff was introduced to the world of weight training, group exercise and personal training programs. Although HAP no longer offers this plan to seniors, the YMCA has continued these classes as part of its Active Older



Don Scheff instructs Ed Hoppe on the shoulder press.

Adult Program (AOA).

Scheff not only continues to exercise, he has become a certified group fitness instructor and now teaches classes in the program.

Accompanied by his wife of 36 years, Phyllis, Scheff came to the Livonia Family YMCA and to his first

group fitness class with hesitation.

"I was reluctant and had the same degree of enthusiasm as a Viking would have taking a ballet class," he said. "But my wife encouraged me, so I agreed to attend one class."

That one class led to

another, and what was once reluctance has become a lifestyle.

"I started attending the indoor studio cycling class and weight training in the Wellness Center once I became more familiar with exercise," he said. "I work out six days a week now, with a combination of weight training and cardiovascular exercise."

HEALTH BENEFITS

Over the years, Scheff has sustained his share of aging aches and pains, but exercising has helped. "I had back problems and my doctor advised me to strengthen my abdominal and back muscles, so I began attending the Pilates class. It helped significantly."

Since 30-50 percent of



Don Scheff leads the Studio Cycle class at the Livonia YMCA.

PLEASE SEE ATHLETE, C7