

OCTOBER

Thyroid support group
Michigan Thyroid Support Group meets 6:30 p.m. Monday, Oct. 14, at speaker Dr. Pamela Smith, at the Plymouth Library, 223 S. Main Street, Plymouth. Smith is the founder of The Center for Healthy Living and Healthy Living, Web site www.centreforhealthyliving.com. Contact Tracy Green at 734-453-7945, e-mail mihthyroid@comcast.net, or visit <http://mihthyroid.com>.

Autism
Thomas McLean – an adult with autism, former board member of the Autism Society of America, and author of *Soon Will Come the Light* who recently appeared on the Oprah Winfrey Show – has a presentation view from inside the autism article 7 p.m., Monday, Oct. 14, at Zion Lutheran Church, 143 Ahwahne. Foothills Children available. Contact Laurey Tisch, Everyday Miracles Autism Support Network, (248) 398-6220; e-mail, EverydayMiraclesAutism@yahoo.com; Web site: www.gocircles.com/EverydayMiraclesAutism.

Fighting cancer
A panel of University of Michigan scientists and oncologists will present a free program on the body's immune system as a fighter in the battle against cancer 7:30 p.m. Wednesday, Oct. 16, at the Livonia West Holiday Inn. Reservations encouraged. Call (800)

742-2300 and enter category 7870.

Breast cancer/HRT
Beaumont Hospital's Sharing & Caring program will offer "Understanding Studies on HRT and Breast Cancer" 6 p.m. Thursday, Oct. 17, in the hospital's 1st Floor Conference Room, Beaumont Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-6588.

Cancer walk
Join the American Cancer Society to celebrate survivorship and raise funds for breast cancer research at the ACS's annual "Making Strides Against Breast Cancer" walk in Ann Arbor 8 a.m. Saturday, Oct. 19, at Michigan Stadium. Call (800) 423-2345 or visit www.cancer.org.

Shots wrangling
Baldwin Center for Health Improvement will offer "Stop the Happy Cycle" 7 p.m. Monday, Oct. 21, at 30750 Grand River Ave., Novi. Presenter Caroline Smith received training at Harvard Medical School Mind/Body Institute. Cost is \$45. To register, call (248) 477-6100.

Smileys

Dr. Paul Hoff, an ear, nose and throat surgeon with Saint Joseph Mercy Health System, will present a series of free health seminars beginning 7 p.m. Monday, Oct. 21. The topic is sinusitis, its symptoms and treatments. Call (734) 434-3200.

Prostate cancer

The Welsberg Cancer Center, 31995 Northwestern Highway, Farmington Hills.

will offer "Men Speak Out About Prostate Cancer," a free supper/lecture 6:15 p.m. Tuesday, Oct. 22. Dick Puritan and Dr. Jeffrey Forman will discuss treatment choices and survival strategies. RSVP by calling (248) 538-6507.

ThyCa

ThyCa Michigan will meet 7:30 p.m. Tuesday, Oct. 22, at the Plymouth Public Library. The support group for people with thyroid cancer, their friends and family meets the fourth Tuesday of each month. For more information contact Mary Rose Weckerle at 513-244-0750.

Leads

Learn the facts about fthalate and alternative choices. The National Wellness Foundation will sponsor a workshop 7:30 p.m. Thursday, Oct. 24, at the Carl Sandburg Library, 20100 Seven Mile, Livonia. Call (248) 426-0200.

Mediation

Oakwood Complementary & Alternative Medicine Center in Westland will offer "Mindfulness Meditation and Relaxation" 6:30-8:30 p.m. Wednesday, Oct. 23.

Prostate cancer

Attend the University of Michigan Comprehensive Cancer Center and U-M Department of Urology's Cancer AnswerNight 7:30 p.m. Tuesday, Oct. 29, and learn about clinical trials that support or discredit the use of certain supplements. Discover lifestyle changes that can make a difference in preventing or surviving prostate can-

cer. Discussion held at the U-M Kellogg Eye Center Auditorium, 1000 Wall Street, Ann Arbor. Reservations required. Call (800) 865-0125.

Brain food

Biochemist Sandy Baumann can teach you how to enhance your ability to remember, concentrate and learn through the proper foods and simple lifestyle changes. "Eat to Improve Your Memory" is offered 6:30-8:30 p.m. Oct. 23 and 30, Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Rd., Ann Arbor. Cost is \$5 plus \$5 materials fee. To register, call (313) 371-5500 by Oct. 10.

Teen parents

Partners for Parenting Teens presents its 4th annual teen parent conference "Consider the Possibilities" 8:30 a.m. to 2:30 p.m. Friday, Oct. 25, in the Wayne RESA Annex Building, 5454 Venoy Road, Wayne. Learn about alcohol use, legal and paternity issues, employment resources and more. Register by Oct. 18. Call Deborah or Tara at (734) 721-7022.

Stop after 50

Oakland Physical Therapy, P.C. will present "Fit After Fifty" 7 p.m. Thursday, Oct. 24, at the Providence Medical Center, 47601 Grand River Ave., Novi. Cost is \$20. For reservations, call (800) 543-5411.

Healthy recipes

Want to learn some healthy recipes that are fun and easy to prepare? Oakwood Complementary & Alternative Medicine Center in Westland will offer "Fast and Fun Healthy Cooking" 10 a.m. to noon Saturday, Oct. 26. Call (800) 543-5411 to reserve your spot. The cost is \$20.

NOVEMBER

Flu shots

Holger's Pharmacy, 20401 Haggerty, Northville, will offer flu shots 9 a.m. to 1 p.m. Friday, Nov. 1, and 3:30 p.m. Tuesday, Nov. 12. The cost is \$17, and Medicare billing will be available. Call (248) 349-2707.

Family relationships

Oakwood Complementary & Alternative Medicine Center in Westland will offer a workshop called "Work-Family Balance" 10 a.m. to noon Saturday, Nov. 2. This class will provide you with creative strategies for successfully managing work and family obligations. Call (800) 543-5411. The cost is \$20.

Stop smoking, lose weight

Providence Hospital and Medical Center, 22250 Providence Drive, Medical Bldg., Southfield, will offer the Wellness Seminar for smoking cessation 10 a.m. to noon, Saturday, Nov. 16.

and for weight reduction 1-3 p.m. the same day. First 45 minutes of each seminar is a free orientation. Full seminar is \$59 and includes hypnosis session, tapes and unlimited free replications of seminar if needed. Call (877) 345-5500.

Mom, daughters and puberty

Join "A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up" 1-3 p.m. Saturday, Nov. 16, at the Saint Joseph Mercy Canton Health Center, 1601 S. Canton Center Road, Canton. For mothers and daughters ages nine to 12. Cost is \$45 for mom and one daughter (\$10 for each additional daughter or grandparent). Call (734) 712-5400.

Dyspraxia

Dr. Robert D. Smith, neuropsychologist, The Michigan Dyspraxia Institute - Detroit Metro Center, will discuss dyspraxia, attention deficit disorders and learning disabilities 7-9 a.m. Wednesday, Nov. 20 at the center, 30230 Orchard Lake Road, Suite #130, Farmington Hills. Call (248) 737-0044.

New dads

"Root Camp for New Dads," a class taught by dads, teaches first-time fathers practical information on parenthood and baby care. Hands-on experience with babies brought to the class by "veteran" dads. Offered 6-9 p.m. Thursday, Nov. 21, at the Saint Joseph Mercy Canton Health Center, 1601 S. Canton Center Road, Canton. Cost is \$25. Call (734) 712-5400.

Genetic mutation more than doubles risk of colorectal cancer

A genetic mutation, most often found in people descended from Ashkenazi Jews, can double or even triple the risk of colorectal cancer, according to new data from an international study published in the Sept. 20 issue of *Science*.

The relationship between mutations in a gene called *BRCA1* and increased susceptibility to colorectal cancer was discovered independently by two teams of scientists who analyzed DNA from nearly 9,100 people of Ashkenazi Jewish descent living in northern Israel and New York City. The mutation is found in about 1 percent of individuals descended from a closely related ethnic group, called Ashkenazi Jews, who formerly lived in Eastern Europe.

"When this mutation is inherited from both parents, it causes a

serious disorder called Bloom syndrome, which greatly increases an individual's predisposition to cancer," said Dr. Stephen B. Gruber, director of clinical cancer genetics at the University of Michigan's Comprehensive Cancer Center and first author of the *Science* paper.

"Until now, carriers of one mutant copy were thought to have no increased cancer risk, but our data show that people who inherit a mutation from just one parent face a two- to three-times greater risk for colorectal cancer," Gruber added.

The Israeli data in the *Science* paper are the first to be published from the Molecular Epidemiology of Colorectal Cancer (MECC) study – a collaboration between Gruber and Dr. Gad Rennert, of the Technion-Israel Institute of Technology Faculty of Medicine.

Colorectal cancer is the leading cause of death from cancer in Israel and the second leading cause of cancer deaths in the United States. Over 2,000 people are diagnosed with colorectal cancer in Israel each year, but incidence rates vary widely among different ethnic groups. Nearly 150,000 U.S. residents were diagnosed with colorectal cancer in 2002.

A companion paper in the same issue of *Science*, by researchers from the University of Cincinnati, showed that transgenic laboratory mice designed to carry the human *BRCA1* mutation have the same increased risk of cancer.

RESEARCH VALUE

The results show the value of combining molecular genetics with traditional epidemiology in cancer research – according to Rennert, who chairs the

Technion's department of community medicine and epidemiology and directs the MECC's field research in Israel.

"Most genetic studies are based on a small number of samples from one hospital or one laboratory, but the problem is the researcher doesn't see the whole picture that way," Rennert said.

The only way to evaluate the real importance of a finding is to measure it in the general population. In the MECC study, we include very persons with defined cancer. Then we find a control subject without colorectal cancer who matches each patient's demographics as closely as possible. This is extremely difficult to do, but it takes the bias out of your sample and gives you reliable data."

Rennert and Gruber's goal is to understand the interactions between genetic and environmen-

tal factors involved in colorectal cancer. "We understand genes aren't the whole story," said Gruber, an assistant professor of internal medicine in the U-M Medical School and an assistant professor of epidemiology in the U-M School of Public Health.

"Some people with a genetic suscep-

tibility develop the disease,

while others do not.

Understanding the role of diet,

physical activity, medications and other lifestyle factors will help us learn how to modify the risk of developing the disease."

While their results provide new

insight into the complex causes of

colorectal cancer, Rennert and Gruber stressed that it won't change how the disease is diagnosed or treated, until the results are confirmed by other scientists.

The MECC study is funded by

the National Cancer Institute,

with additional funding from the

Irving Weinstein Foundation.



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