

## MEDICAL DATEBOOK

## OCTOBER

## Thyroid support group

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

## Autism

Thomas McKean - an adult with autism, former board member of the Autism Society of America, and author of *Some Will Come the Light* who recently appeared on the Oprah Winfrey Show - will present a view from inside the autism puzzle 7 p.m. Monday, Oct. 14, at Zion Lutheran Church, 143 Albany, Ferndale. Childcare available. Contact: Laurie Tedesco, Everyday Miracles Autism Support Network, (248) 399-6220; e-mail: [EverydayMiraclesAutism@yahoo.com](mailto:EverydayMiraclesAutism@yahoo.com). Web site: [www.ecclies.com/EverydayMiraclesAutism](http://www.ecclies.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 7-8:30 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 Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

**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) ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

**Stop worrying**  
Bolsford Center for Health Improvement will offer "Stop the Worry Cycle" 7 p.m. Monday, Oct. 21, at 39750 Grand River Ave. Novi, Presenter Caroline Smith received her M.D. from Harvard Medical School Mind/Body Institute. Cost is \$45. To register, call (248) 477-0000.

**Sinusitis**  
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 Webster Cancer Center, 3195 Northwestern Highway, Farmington,

will offer "Men Speak Out About Prostate Cancer," a free super/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 SE Michigan will meet 7-8:30 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 Weckert at SE.MH@ for directions, call the library at 734-453-0750.

**AOD/AD**  
Learn the facts about Ritalin and alternative choices. The National Wellness Foundation will sponsor a workshop 7:30 p.m. Thursday, Oct. 24, at the Carl Sandburg Library, 30100 Seven Mile, Livonia. Call (484) 426-0201.

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

Learn techniques to help you integrate meditation or relaxation techniques into your daily routine. Call (800) 543-WELL for reservations. Cost is \$20.

**Fit after 50**  
Oakland Physical Therapy, P.C. will present "Fit After Fifty" 7 p.m. Thursday, Oct. 24, at the Providence Medical Center, 41601 Grand River Ave.,

Suite B124, Novi (intersection of Grand River and Beck). No charge. RSVP by calling (248) 360-3550.

**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. Wednesdays, Oct. 23 and 30, Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Cost is \$34 plus \$5 materials fee. To register, call (313) 317-1500 by Oct. 21.

**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, 5450 Venice Road, Wayne. Learn about alcohol use, legal and paternity issues, employment resources and more. Register by Oct. 18. Call Deborah or Tara at (734) 721-7012.

**Prostate cancer**  
Attend the University of Michigan Comprehensive Cancer Center and U-M Department of Urology's Cancer Answerlight 7-9:30 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 cancer.

## NOVEMBER

## Flu shots

Meijer Pharmacy, 20401 Haggerty, Northville, will offer flu shots 9 a.m. to 1 p.m. Friday, Nov. 1, and 3-7 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-WELL. The cost is \$20.

**Stop smoking, lose weight**  
Providence Hospital and Medical Centers, 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 hypnotic session, tapes and unlimited free repetitions 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" 1-5 p.m. Saturday, Nov. 16, at the Saint Joseph Mercy Canton Health Center, 1600 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 grand-mother). Call (734) 712-5400.

## Dyslexia

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

## New dads

"Boot Camp for New Dads," a class taught by dad, 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, 1600 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 BLM and increased susceptibility to colorectal cancer was discovered independently by two teams of scientists who analyzed DNA from nearly 3,000 people of Ashkenazi Jewish ancestry 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 the 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 Rennett, of the Technion-Israel Institute of Technology Faculty of Medicine

and Carmel Medical Center in Haifa, Israel. Rennett also directs the Clalit Health Services National Cancer Control Center in Israel and is the corresponding author of the *Science* paper.

New York data for the study were collected independently by scientists at Memorial Sloan-Kettering Cancer Center working under the direction of Dr. Kenneth Offit, and Nathan A. Ellis, Ph.D. When the scientific teams discovered they had complementary results, they decided to publish jointly in one paper.

Although the mutation can be detected with DNA analysis, Gruber stressed that it is too soon for DNA tests to be used as a screening tool or a guide to treatment. "Before a discovery like this can move into patient care, others must confirm the findings," he said.

Colorectal cancer is the leading cause of deaths 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 at the University of Cincinnati, showed that transgenic laboratory mice designed to carry the human BLM 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 Rennett, 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," Rennett 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 every person in a defined geographic area with colorectal 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."

Rennett and Gruber's goal is to understand the interactions between genetic and environmental 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 susceptibility 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, Rennett 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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All entries become the property of Clear Channel Radio and must be received by April 12, 2003. No cash equivalents. Judges' decision is final. No purchase necessary. Winner will be announced May 18, 2003.





Employees of Clear Channel Radio, BIA and Mathison Supply are not eligible to enter.

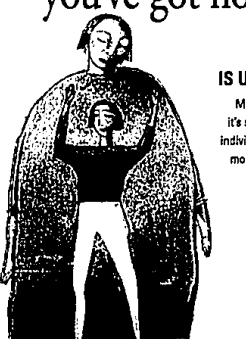
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