

Monthly breast self-exams help detect lumps

Breast self-exam is still a good idea.

Why?
The American Cancer Society recommends that all women over the age of 20 examine their breasts once a month. By examining your breasts regularly, you will know how your breasts normally feel. If a change should happen in your breasts, you will be able to identify it and let your doctor know.

Most lumps are found by women themselves. If you find any lumps, thickenings or changes, tell your doctor right away. Remember, most breast lumps are not cancerous, but you don't know if you don't ask. Breast cancer may be success-

fully treated if you find it and treat it early. Delaying the diagnosis of breast cancer does not change the diagnosis, it only worsens the outcome.

When?

You should do a Breast Self-Exam (BSE) every month, two or three days after your period. If you do not have regular periods, do it at the same day every month. (Note: just before your period or during pregnancy, your breasts may be somewhat lumpy or more tender) If you are taking hormones, talk with your doctor about when to do BSE.

How?

1. Lie down. Flatten your right breast by placing a pillow

under your right shoulder. Place your right arm behind your head.

2. Use the sensitive finger pads (where your fingerprints are, not the tips) of the middle three fingers on your left hand. Feel for lumps using a circular, rubbing motion in small, dime-sized circles without lifting the fingers. Powder, oil or lotion can be applied to the breasts to make it easier for the fingers to glide over the surface and feel changes.

3. Press firmly enough to feel different breast tissues, using three different pressures. First, light pressure to just move the skin without jostling the tissue beneath, then medium pressure

pressing midway into the tissue, and finally deep pressure to probe more deeply down to the ribs or to the point just short of discomfort.

4. Completely feel all of the breast and chest area up under the armpit, and up to the collarbone and all the way over to your shoulder to cover breast tissue that extends toward the shoulder.

5. Use the same pattern to feel every part of the breast tissue. Choose the method easiest for you:

■ Lines: Start in the underarm area and move your fingers downward little by little until they are below the breast. Then move your fingers slightly

toward the middle, and slowly move back up. Go up and down until you cover the whole area.

■ Circles: Beginning at the outer edge of your breast, move your fingers slowly around the breast in a circle. Move around the breast in smaller and smaller circles, gradually working toward the nipple. Don't forget to check the underarm and upper chest.

■ Wedges: Starting at the outer edge of the breast, move your fingers toward the nipple and back to the edge. Check your whole breast, covering one small wedge-shaped section at a time. Be sure to check the

underarm area and the upper chest.

6. After you have completely examined your right breast, then examine your left breast using the same method and your right hand, with a pillow under your left shoulder.

7. You may want to examine your breasts or do an extra exam while showering. It's easy to slide soapy hands over your skin, and to feel anything unusual.

8. You should also check your breasts in a mirror looking for any change in size or contour, dimpling of the skin or spontaneous nipple discharge.

Source: American Cancer Society

HRT

FROM PAGE C5

HERBAL ALTERNATIVES

Dr. Kavita Rao, who practices both internal medicine and complementary medicine through Westland's Oakwood Health Systems, said that the concern about side effects is one concern some of her patients look to herbalism.

Rao's menopausal patients use herbs such as black cohosh, which can relieve hot flashes, and sage, which can reduce

excess perspiration. They also use herbal creams, purchased in vitamin stores.

"Natural medicine, if used appropriately, is much safer," Rao said. "Unfortunately, in the United States, (herbal medicine is) not as regulated as it is in Europe."

Germany, in particular, is one country where herbal medicine is widely used and prescribed, Rao said.

As with conventional medicine, however, dosage is important with herbs. Long-term use of some herbs is not recommended, and Rao recommends

tapering off their use in treating menopause within a few months.

She does not steer patients away from HRT, however.

"Hormone replacement therapy is not all bad," Rao said. "For the right patient, if it is used correctly, it can be a good thing."

INDIVIDUAL APPROACH

Dr. Luann Kyselka, a Beaumont Hospital reproductive endocrinologist working in Troy and Royal Oak, agreed with Nosanchuk and Rao about

the importance of tailoring treatments to the woman, as well as taking the time to consult with them.

"Treatment should be individualized," she said. "It should be carefully explained to them."

Some women may be OK with oral HRT, but others may not. The oral preparation distributes the hormones in one lump sum via the stomach, which may not be a good thing for women with a quick metabolism.

For them, the transdermal patch may be more effective because it delivers the hormones in a slow, steady trickle,

Kyselka said. "If a woman has liver disease, the oral HRT may be too taxing on the liver," she said.

Healthy lifestyle choices are extremely important.

Menopausal women should not smoke, limit alcohol and eat

every other day, maintain a normal body weight and alleviate stress.

Dietary choices are also important. Kyselka said that soy-based foods - including

tofu, soy milk and soy cheese -

SUPPORT GROUPS

Self-Help groups

Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at 877-777-5556.

Divorce support

The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7:30 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

Fibromyalgia

"Fibro Friends & More," a support group for sufferers of fibromyalgia and Chronic Fatigue Syndrome, meets 1 p.m. the first Thursday of the month at the Merriam Road Baptist Church, 2055 Merriam Road, Garden City. Call Ina at (734) 495-0226 or Lucy at (734) 953-8576.

Bereavement

"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.

Grief support

Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 1400 Newburgh Road, Livonia. The next meeting is 1 p.m. and 6:30 p.m. Tuesday, Oct. 22. Call (734) 464-7810.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park Novi, 47601 Grand River Avenue, Novi. Help Line: (313) 438-HELP or (248) 474-9456.

Observer Classifieds really work! Call 800-579-SELL today!!

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, October 7, 2002 in Council Chambers, 23800 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 207-1970.

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

ABSENT: None.

OTHER MEMBERS: Clerk/Treasurer Cantrell, Director Goas, Director Guidance, City Manager Laufeld, Assistant City Manager Richards, Atwater, Schulte.

The agenda was approved as submitted.

Minutes of other boards were received and filed.

Council issued a proclamation in recognition of the 76th anniversary of Our Lady of Sorrows Parish.

Council accepted the resignation of Mark McConnell from the Board of Zoning Appeals.

Council authorized payment of Construction Estimate No. 6 and Change Order No. 1 for the 2002 Paving Program.

Public comments were heard.

Council approved a contribution to the Michigan Municipal League education fund.

Council received and filed the Financial Report for quarter ended

PUBLIC STORAGE MANAGEMENT NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given pursuant to Section 4 of the Shelf Service Storage Facility Act of the State of Michigan that the undesignated property will be sold by public auction. Bids are to be made in cash. Removal within 24 hours. For sale are storage units which contain and fees are past due.

On the premises where said property has been stored and which are located at Public Storage, 34000 Nine Mile Road, Farmington Hills, MI 48336-0204 on 10-22-02 at 12:45pm. Personal properties described below:

In the matter of:

Olivia Oglester C-033, tables, dresser, David Douglas B-013, couch, chair, Richard Phillips Jr. C-010, table, sofa, James Milak C-033, chair, couch, Murray Davis C-010, chair, sofa, D-023, D-022, bike, dresser, Leveda Oliver McWillie D-031, TV, grill, Felicia Lutze D-034, misc boxes, Kenneth Perry E-048, stove, drums, Senetel Jardes E-078, TV, misc bags, Rosland Fester E-080, misc items, Thomas Miller F-010, misc items, Lukate Vaughan F-048, chairs, office supplies, David Rev. Miller G-033, chairs, misc boxes, Eric Powell G-081, washer, dryer, Rochelle Whitlow H-050, misc boxes, Kenneth Edwards H-004, chairs, misc boxes, Michael Edwards H-004, Group H-014, lumber, lawn mower, J. P. Wigford Co. H-062, lamps, Brian Gray P-009, misc items, Leondra E. Woods C-067, bike, toys, Lori Haylett H-033, dresser, vacuum, Public: October 10 and 11, 2002

www.800wesleys.com

2 Dozen Roses \$29⁹⁹
Wesley Berry Flowers

WE DELIVER across the street or across the nation!

1-800-WESLEYS

6677 Orchard Lake Road

Act Side of Maple in West Bloomfield

CASH & CARRY PRICE

BOX & DELIVERY EXTRA

FedEx

www.800wesleys.com

248.476.2201

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SKATING CENTER

248.501.5511

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SKATING CENTER

248.501.5511

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SKATING CENTER

248.501.5511

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SKATING CENTER

248.501.5511

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SKATING CENTER

248.501.5511

ADULT NIGHT

Every Sunday

8:11 pm

\$6.00

Admission

PRESCHOOL SKATE

Every Wednesday

10:11:30 am

\$4.00

Includes admission, skate rental, snack & a drink

Youth Roller HOCKEY LEAGUES

Registrations Out Nov/Dec

2002/2003

Under New Management!

Special - Costumes

10 am - 12 pm

1:30 pm - 3:30 pm

Includes gear & snack

Under New Management!

Call Us for More Information

248.476.2201

BonaVenture FAMILY SK