

Monthly breast self-exams help detect lumps

Breast self-exam is still a good idea.

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 can't know if you don't ask. Breast cancer may be successful

treat 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, just do it 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 breast 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 nudge 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 your 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.

6. 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.

7. 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 areas, too.

8. 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.

9. 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.

10. 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.

11. 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 System, said that concerns about side effects is the main reason 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. Luana Kyselka, a Beaumont Hospital reproductive endocrinologist working in Troy and Royal Oak, agreed with Nosalchuk 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 do 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 caffeine intake, exercise at least 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 —

are thought to be especially good for menopausal women. Soybeans contain phytoestrogen, which is enough like estrogen to stimulate estrogen receptors in the body. It is also calcium-rich and contains no cholesterol.

Vitamin supplements, especially those containing extra Vitamin E, Vitamin C and selenium, are a good idea. "One thing for sure is that the best way to age gracefully is to exercise good eating habits," said Kyselka.

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" 7-9 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 Meridian Road Baptist Church, 2555 Meridian Road, Garden City, Call Tina 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 2 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, 14100 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, 4760 Grand River Avenue, Novi. Helpline: (313) 438-HELP or (248) 474-9456.

Alcoholics Anonymous

Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Haggerty), Novi. Call (248) 348-9362. AA meetings also held every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188.

Thyroid cancer

Thyroid Cancer Survivors Association, Inc. support group meets 7:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the ThyCa Support Group, call Mary Rose at (734) 397-2801 or e-mail: ST-WH@plym.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 589-7904.

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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 Farmington Road, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 207-1970.

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

ABSENT: None.

OTIENS PRESENT: Clerk/Treasurer Cantrell, Director Goss, Director Gushman, City Manager Lanthoff, Assistant City Manager Richards, Attorney Schultz.

The agenda was approved as submitted.

Minutes of the regular and special meetings of September 16 and 17, 2002 were approved.

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. 5 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 that pursuant to Section 4 of the Shelf Storage Facility Act, State of Michigan, the undersigned will sell at public auction by competitive bidding. Sales are for cash only. Removal within 24 hours. For sale are storage units which rent and fees are past due.

On the premises where said property has been stored and which are located at Public Storage, 12900 Newburgh Road, Livonia, MI. 48150, (734) 691-6447 on 10-22-02 at 12:45pm. Personal properties described below:

In the matter of:

Cathy Miller D-087, couch, vacuum

Douglas Miller E-123, golf clubs, bike

On the premises where said property has been stored and which are located at Public Storage, 34050 Nine Mile Road, Farmington, MI. (248) 473-0204 on 10-22-02 at 2:15pm. Personal properties described below:

In the matter of:

Olivia Ogletree C-033, tables, dresser

David Douglas B-013, couch, chair

Richard Phillips Jr. C-010, table, sofa

James Malik C-033, chair, couch

Murray Davis C-063, bike, books

Sheave Harris D-023, bike, dresser

Lorenda Oliver McWille D-031, TV, grill

Follett Lyles D-034, microwave, vacuum

Kenneth Perry E-048, stove, drums

Scarlet Jarboe E-078, TV, misc bags

Roland Pears F-007, couch

Tami Schuchter F-010, misc items

Luketa Vaughan F-048, chairs, office supplies

David Rev. Miller G-052, chairs, misc boxes

Eric Powell G-061, washer, dryer

Rochelle Whitlow H-050, misc boxes

Kenneth Edwards H-009, chairs, microwave

Michigan Investment Group I-014, lumber, lawnmower

J. Pigford Co. I-062, lamps

Brian Gray F-009, misc items

Leondret E. Woods C-067, bike, toys

Lari Haylett H-025, dresser, vacuum

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DEQUERVAIN'S DISEASE

This condition is one that likely you have not heard of. DeQuervain's tenosynovitis is a tendinitis of the thumb. I present its proper name to give credit to the person who first described it. He was Henri DeQuervain, a Frenchman, and he made his observation in 1855. Experience since that time shows his conclusion remain valid.

In DeQuervain's tenosynovitis, you feel pain throughout the thumb. The discomfort begins at the base of the joint and radiates to the forearm. However, over time, the whole digit hurts. Trying to hold objects can become an agony; you see a doctor because the impairment can stop you from even caring for yourself.

What has happened is that one or both muscles that help move your thumb out and over have become strained. The usual cause is injury either by a blow or from the repetitive strain of grasping objects that pinch strain on the thumb such as would occur by repeatedly exerting pressure on a wrench.

Your doctor can differentiate DeQuervain's from arthritis of the thumb by having you place your thumb in the palm of the hand and then giving your wrist a forward bend. If that maneuver hurts you, then you have tendinitis, not arthritis.

Initial treatment consists of resting the hand and staying away from any work or recreation effort that strains the thumb. Injection of steroid into the thumb tendons involved is useful, though getting the medicine in the right place is difficult. In extreme cases, hand surgery can repair the injury.

www.drjweiss.yourmd.com

SPOTLIGHT ON Orthodontics

by Josephine Finkenz, D.M.D.

MANAGING THE FALL OUT

One situation in which early orthodontic treatment is particularly beneficial is when a baby tooth falls out early. Baby teeth are important in that they promote normal development of the jaw bones and muscles, maintain space for the permanent teeth and guide the adult teeth into their proper positions. Some baby teeth are not replaced by permanent teeth until a child is twelve or fourteen years old, so it is never a good idea to ignore a missing baby tooth. A space maintainer can help avoid future problems. These devices are usually fabricated from plastic and are custom fitted to the child's mouth. By keeping the space for the permanent teeth, space maintainers help prevent more expensive orthodontic treatment later.

At THE ORTHODONTIC GROUP, we are happy to present our orthodontic columns as a public service to our readers. If we can assist you in caring for your family's teeth, call 442-8885 and our friendly staff will be happy to make you an appointment. Located at 19850 Middlebelt, we would be glad to take the time to explain how different types of orthodontic equipment work, and which one might be right for you. Payment plans and terms are available. Look for our next article in two weeks.

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