

MEDICAL DATEBOOK

OCTOBER

Stop worrying

Bolsford Center for Health Improvement will offer "Stop the Worry Cycle" 7 p.m. Monday, Oct. 21, at 39750 Grand River Ave. Nov. Presenter Caroline Smith received training at Harvard Medical School Mind/Body Institute. Cost is \$45. To register, call (248) 477-6100.

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 Weisberg Cancer Center, 31995 Northwestern Highway, Farmington, will offer "Men Speak Out About Prostate Cancer: A Free Support/Lecture" 6:15 p.m. Tuesday, Oct. 22. Dick Purten 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 Werlie at SE MWL for directions, call the library at 734-453-0150.

ADD/HD

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, 3000 Seven Mile, Livonia. Call (248) 426-0000.

Asthma/Allergies

Dr. Barry Hobbs of the National

Wellness Foundation will sponsor a complimentary lecture on new treatments for asthma and allergies 7 p.m. Thursday, Oct. 24, at the Plymouth Public Library on Main Street in downtown Plymouth. Call (734) 416-2411.

Bipolar support

The MDA-Bipolar Support Group will meet 3-5 p.m. Friday, Oct. 25, at the Beaumont Hospital Administration Building, 3601 West Thirteen Mile Road, Royal Oak. The group meets the second and fourth Thursday of the month. Call Kathleen at (248) 544-1097.

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) 543-5433 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 Bevil. No charge. RSVP by calling (248) 380-3550.

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. Wednesday, Oct. 23 and 30, Center for Lifelong Learning, Henry Ford Community College, 22566 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" 6:30 a.m. to 2:30 p.m. Friday, Oct. 25, in the Wayne RESA Annex Building, 5454 Veno 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.

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) 543-5433 to reserve your spot. The cost is \$20.

Caregiver talk

Beacon Adult Day Services in Livonia will host a talk by Susan Koons of the Alzheimer's Association about coping with dementia behaviors and caregiver stress 6:30 p.m. Monday, Oct. 28.

Prostate cancer

Attend the University of Michigan Comprehensive Cancer Center and U-M Department of Urology's Cancer Answer Night 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. Discussion held at the U-M Hellogg Eye Center Auditorium, 1000 Wall Street, Ann Arbor. Reservations required. Call (800) 865-1125.

NOVEMBER

Parenting workshop

St. Mary Mercy Hospital, Livonia, will host an S.O.S. Workshop for parents

with special needs 7-9 p.m. Wednesday, Nov. 6. Learn how to stop being afraid of the unknown, take action against your worries and regain the balance in your life. Pre-registration required. Call Michele at (734) 261-4895 or LeeAnn at (248) 360-7108.

Flu shots

Medway 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) 543-5433. The cost is \$20.

Stop smoking, lose weight

Providence Hospital and Medical Centers, 22550 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.

Men, 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 men 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, 30320 Orchard Lake Road, Suite #130, Farmington Hills. Call (248) 737-0044.

New dads

"Boot 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, 1600 S. Canton Center Road, Canton. Cost is \$25. Call (734) 712-5400.

ONGOING

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 Merriman Road Baptist Church, 2055 Merriman 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 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, 14100 Newburgh Road, Livonia. The next meeting is 1 p.m. and 2:30 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, 41601 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 noon 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 7-8:30 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 SE Michigan Support Group, call Mary Rose at (734) 397-2801 or e-mail: SE-MW@thyca.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

TESTOSTERONE

FROM PAGE C6

testosterone, and estradiol. SHBG measures a protein that binds up testosterone in blood and keeps it from reaching body tissue, while estradiol measures an estrogen level in the blood. These tests help a physician determine whether the cause of distressing symptoms is too little testosterone or too much estrogen.

Seek treatment. If testosterone is too low, a man can use topical testosterone

creams or injections. Oral testosterone is not as effective, since most of it is metabolized in the liver. If estradiol is too high, Dr. McDougall says a man can either take the prescription drug Arimidex to inhibit the synthesis of estrogen or apply topically a natural product called Chrysin. After treatment begins, men should have their blood tests repeated regularly, since they do not want testosterone to get too high.

Men who have prostate cancer should not seek testosterone replacement; those who have benign prostate

enlargement should ask their urologist whether testosterone should be used.

Pharmacist Scott Popyk says, "My clients who use testosterone replacement report not only more energy, but also better moods and memory. They also say their cholesterol and triglyceride levels have dropped." He suggests bio-identical rather than synthetic testosterone replacement, "because these compounds fit the body's receptor sites like a hand fits a glove. The synthetic ones don't." Change your lifestyle. Stopping smoking, reducing or

eliminating alcohol consumption, and losing weight help reverse testosterone declines. Dr. McDougall recommends that men take a daily zinc supplement containing 20 mg chelated zinc (zinc aspartate or picolinate) to nourish testosterone production.

Reduce fat consumption. Animals, fish, and fowl concentrate harmful toxins from their environment into the fat; these toxins affect testosterone production. Therefore, men should reduce their fat intake.

Lowering dietary fat also cuts a man's risk for heart dis-

ease and prostate cancer.

Get more information. Helpful websites include www.andropause.com; www.hormone.org; and www.seekwellness.com.

Dr. McDougall will talk about testosterone decline in a talk called "Andropause: The Effects of Testosterone Decline on Men" at Health Dimensions Pharmacy, 32985 Hamilton Road (off 12 Mile between Farmington and Orchard Lake) in Farmington Hills on 7 p.m. Wednesday, Nov. 7. The cost is \$15/person and includes a book on the subject. To

reserve your place with a credit card, call Health Dimensions by Nov. 1, (248) 489-1573, between 10 a.m. and 6 p.m. weekdays to reserve your place.

Sandy Baumann has an M.S. in biochemistry and is the author of *Feed the Brain for Learning*. She has served as a college biochemistry instructor, a health editor, and a director of senior health promotion at a local hospital. She is teaching a class "Eat to Improve Memory" at Henry Ford Community College on Oct. 23 and 30. Call (313) 317-1500 to register. You can write her at emergingfree2000@yahoo.com.

OBSERVER CLASSIFIEDS REALLY WORK! CALL 800-579-SELL TODAY!!

She loves the outstanding results



Carol L. Darling, owner of the Red Wing Shoe store on Telegraph says of her advertising in the Observer & Eccentric: "the results have been outstanding, especially in these poor economic times."

Darling admits she'd given up on advertising until she was convinced to give her local newspaper a try and that made all the difference. Now instead of "horrible results" or "no results" she is reaching the market she wants to target.

We can reach your target market, too!

THE
Observer & Eccentric
NEWSPAPERS
We work for YOU!

Wayne County: 734-953-2153 • FAX 734-953-2121
Oakland County: 248-901-2500 • FAX 248-901-2553
Rochester, Lake Orion, Oxford: 248-651-7575 • FAX 248-651-9080
Clarkston: 248-625-1900 • FAX 248-625-5712

Balanced testimonials containing voluntary statements edited for clarity.

Observer & Eccentric

present

UNIC
Dancing Heart Beat

DIRECT FROM RUSSIA...

GEORGIAN STATE DANCE COMPANY

The NEW YORK TIMES says
"The Greatest Dance Company of Them All"



**Company of 90
with 18 musicians!**
Detroit Opera House

Saturday, October 26, 2002 8:00 pm
On Sale at the Opera House Box Office
Group Sales info 313.237.3409

Tickets available at all Ticketmaster ticket centers
including Marshall Fields. Charge by phone 248.645.6666

ticketmaster

ticketmaster.com