

"O" columnist to speak at health event

Julie Morgenstern, author and regular columnist for "O," the Oprah magazine, will be the featured speaker at Saint Joseph Mercy Health System's annual Women's Night Out. The program will be held 6-9 p.m. Wednesday, Oct. 23, from at the Sheraton Inn in Ann Arbor.

Morgenstern is a regular columnist for "O," the Oprah magazine, solving readers' problems by creating order in their lives. She is also the author of several books including *The New York Times* best seller, *Organizing from the Inside Out and Time Management from the Inside Out*.

Her newest book, *Organizing from the Inside Out for Teens*, was co-authored by her teenage daughter, Jessi, and released this fall.



Julie Morgenstern

At Women's Night Out, Morgenstern will discuss how to tame the chaos in our lives and demystify the process of getting organized by making it simple, do-able and fun. She will also be available after the program for a book signing. The evening begins at 6:30 p.m. with a variety of booths offering services and products of interest to women. Registration begins at 6 p.m., followed by dinner at 6:30 p.m., and Morgenstern's program at 7:30 p.m.

Women's Night Out is \$25 per person and reservations are required by October 17. To register by phone or for more information, please call (734) 712-5400 or toll free (800) 231-2211.

MEDICAL NEWSMAKERS

Chiropractic president

Livonia chiropractor Dr. Joe Brace has been elected president of the Palmer College of Chiropractic International Alumni Association (PCIAA) for the state of Michigan. A 1978 graduate of Palmer College of Chiropractic in Davenport, Iowa, Brace has practiced in Livonia for 16 years. He previously served for five years as the PCIAA treasurer for the state of Michigan.

Brace is very active in his profession in Michigan as well as with his alma mater. He has been a Century Club member of the Michigan Chiropractic Society (MCS) since 1979 and currently serves as district treasurer and sergeant-at-arms for the MCS. In addition, he is the chairman of the Michigan Chiropractic Fraternal Order, a member of the American Chiropractic Association and a member of the Palmer College President's Club.

Nursing home administrator

Kathleen Husk of Redford, a former Wayne County Commissioner, has been appointed to the Nursing Home

Administrators Board of Control by Governor John Engler. The board is responsible for the promulgation of rules regarding standards of acceptable practice, and subsequent penalties for when those standards are not met.

Husk, who replaced Zubair Rathir of Bloomfield Hills, will represent the general public. Her term will expire December 31, 2006.

25th anniversary

The Canton Center Chiropractic Clinic will celebrate 25 years of service Nov. 1. The clinic was established in 1977 at Ford and Canton Center Roads, and relocated to its new location at 6231 North Canton Center Road (near Hanford) in 1998.

Dr. Robert E. Potter, Jr. will celebrate his 13th anniversary as owner of the practice. He is director and founder of the Doctors' Speakers Bureau of Canton. His health-related workshops through the Plymouth/Canton Community Education evening program have been favorites in the community for many years.

PRESCRIPTIONS

FROM PAGE C6

While it may be tempting to point a finger at drug companies, a salesperson from a large pharmaceutical company also reiterated that, to be fair, one must consider the costs of getting a drug from the lengthy testing process to the marketplace.

A drug's success rate through this process is described in a publication by a leading research-based pharmaceutical company, GlaxoSmithKline.

The publication, jointly sponsored by the Managed Markets Division of GlaxoSmithKline and Public Policy & Advocacy, says for every 5,000-10,000 drugs screened, 250 enter preclinical testing. Of these, five enter actual clinical testing and one drug is ultimately approved by the FDA.

The drug representative, who asked not be named, said the United States employs stringent guidelines in testing drugs - for the benefit of the patient.

Drug companies also provide tremendous quantities of sample medications for doctors to give patients to try before prescribing what may be very expensive medication.

Dr. Maddens agreed. "For patients in need, and for people that are just starting on a medication, it is nice to know (by giving sample medications) that they're not allergic or that it's not going to cause a bad side effect," he said. "Or, if it's a chronic medication,

Helpful Web sites

Helpful Web sites for prescription drug consumers

■ For information on buying prescription drugs from Canada, visit www.canadiancouncilbbb.ca/prescription.html

■ U.S. Sen. Debbie Stabenow's Web site: stabenow.senate.gov/

■ To join the Prescription Drug People's Lobby, log on to <http://stabenow.senate.gov/rx/peoplelobby.htm>

■ For information on savings on over 150 commonly prescribed medications, call 1-800-865-7211 or log on to www.TogetherRx.com

■ For an inclusive listing of indigent drug programs, log on to www.clevelandclinic.org/socialwork/medicationassistance.htm or call the Cleveland Clinic's Department of Social Work for referral to appropriate programs at (216) 444-2200, or (800) 223-2273 ext. 48950.

■ For information on programs through Blue Cross Blue Shield of Michigan, visit www.bcbm.com

■ For the American Association for Retired Persons, visit a very informative site at <http://www.aarp.org/>

■ For the US official Web site for Medicare, and prescription drug assistance programs, go to <http://www.medicare.gov/>

■ For the Centers for Medicaid and Medicaid Services, log on to <http://cms.hhs.gov/default.asp>

■ For senior citizens, their children and their caregivers, log on to <http://seniors-site.com/>

■ Visit Cathie Wallace's Web site, Stop the Overpriced Prescriptions, at s_t_o_p_ameritech.net

(it's helpful to know) that it's actually going to work without you spending a hundred bucks."

CONTINUING THE FIGHT

U.S. Sen. Debbie Stabenow has been actively fighting rising prescription medication costs, stating repeatedly that we as a nation are paying more than anyone else in the world.

Though Stabenow was unavailable for interview, her Web site described her legislative goals to get lower-cost generic drugs marketed more quickly, and to encourage pur-

chase of cheaper prescription drugs in Canada.

She is also urging Medicaid discounts and wants to keep the pharmaceutical industry's spending on research and development equal to monies spent on advertising.

Stabenow's attempt to push through the prescription drug benefit legislation received 52 votes - a majority of the Senate - but fell just eight votes short of the required 60.

The Congressional Budget Office (CBO) estimates that successful efforts to provide more generics faster would save Americans \$60 billion in

drug costs over the next 10 years.

Though everyone many not have equal access to all medications, there are programs for the poor, indigent, those without prescription insurance and seniors on Medicare. Both state- and pharmaceutical company-sponsored programs exist.

One such program, "Together Rx," provides more than 150 medications for seniors at a 20-40 percent savings over their usual payment.

Some mail-order drug companies can provide customers a three-month supply of their medications for less the cost of a one month's supply, but not all insurances have this provision.

Blue Cross is appealing to consumers to "Demand Generics!" and the American Association for Retired Persons (AARP) has begun its own national consumer awareness program that encourages seniors to use generic drugs. With the senior population becoming the most rapidly growing age group, cost-saving measures become increasingly significant.

Consumers must become as pro-active as possible in trying to halt the skyrocketing prices of prescription drugs, like Cathie Wallace, who keeps track of her medications prices and "comparison shops," even asking pharmacies if they match her lowest prices.

"By calling around, I have always been able to find the best deal," Wallace said. "And no one - even the Canadian pharmacies - can touch my prices."

St. Mary Mercy offers Breast Health Clinic

In observance of National Breast Cancer Awareness Month, St. Mary Mercy Hospital will offer a Breast Health Clinic 3-8:30 p.m. Thursday, Oct. 24, in the Marian Women's Center. The clinic will include a complete breast exam by a physician (with instruction on self-breast examination), bone density screenings and mammograms.

Breast cancer is one of the most common types of cancer among women in the United States, with more than 203,500 women diagnosed each year. If detected early, breast cancer can be cured. For ages 20-39 a monthly breast self-exam is necessary and a clinical exam by a professional is recommended every three years. For ages 40

and up, an annual mammography, annual clinical breast exam and monthly breast self-examination are highly recommended.

Those at increased risk for breast cancer are women over age 50, those whose mothers or sisters have had breast cancer, women who start their families after age 30, overweight women, or those who

have had cancer in one breast already.

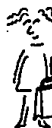
Registration is required by Monday, Oct. 21. For more information or to schedule an appointment, please call (734) 655-1100 or (800) 494-1515 for out of area callers. For directions or additional information, please visit the St. Mary Mercy Web site at www.stmarymercy.org.

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25 chances to see The Nutcracker. Free.

Moscow Ballet's production of The Great Russian Nutcracker will be at the Fox Theater in Detroit, on Nov. 9th and 10th. Register to win free tickets at oaklandmall.com for details.

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