#### HAVEWRED

Parenting workshop

S. Mary Mercy Hospital, Livonia, will
host an S.O.S. Workshop for parents
with special needs 7-9 p.m. Refenesday,
Nov. 6. Learn how to stop being affaid
the unknown, take action against
your worries and regain the balance in
your life. Preseptatablon required, Call
Michele at (134) 261-4895 or LeaAnn al
243-154-7109. (248) 360-7108.

Lymphedema
The Weisberg Cancer Center, 31995 The Weisberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills, will present a discussion on Tymphedem and Breast Cancer: Precautions and Treatment 6 pm. Thursday, Hov. 7, free supper and lecture. Call (248) 538-6507. Bipolar disease 11 Health St. 1985 (1995) Hospital Health St. 1985 (1995) Health St. 1985 (1995

Call Kathle at (248) 544-1097. The group meets the second and fourth

Thursday of the month.

Blood pressure
Learn how to lower your blood pressure. Lecture presented 10:30 a.m.
Thursday. Nov. 7, et Seln Joseph Mercy
Canton Health Center, 16000 S. Canton
Center Road. To register, call (734) 7123546.

The Michigan Thyroid Support Group meets 6:30 p.m. Monday, Nov. II, at the Ptymouth Library, 223 S. Main Street, Plymouth. Speaker Dr. Sheldon Stoffer, Plymouth. Speaker ur. Sheldon stuffer, an endocrinologist, will discuss how he treats thyrold disorders in his Bloomfield practice. Cli Tracy Green at 734-453-7945 or e-mail mithyroid@comcast.net or our Web site at http://mihometown.com/oe/thyroid least he full.

oce will address the different types

of Incontinence, their prevalence and new treatment options. Pre-registra-tion is required. Please call (800) 543-

pegumont ruspinal shaaling of almy program offers "Tamozifen and Uterin Cancer Risk" 7-9 p.m. in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Qak, Oncologist Dr. Dana Zakalik of Cancer Care Associates will present

e program, Call (248) 551-8588.

WELL to reserve your spot. Tamoxifen
Beaumont Hospital's Sharing & Caring

Westwood School District and Oakwood Heath Care System will sponsor a

Incontinence seminar
Qakwood Annapolis Hospital In Wayne
will host a free community seminar
about incontinence and other bladder
problems 5:07-730 pm. Thursday, Hov.
7. Incontinence: Stop Suffering In

health fair 5-B p.m. Tuesday, Hov. 12, at: Thorne Elementary School, corner of Annapolis and Gulley, Dearborn, free checks for cholestero, blood pressure, blood sugar, hearing and vision. Flu shots 315, pneumonia shots 325. Lots of health Information. Call school nurse Ronda Harrison at (313) 201-2566.

Roods Hurtison at (31) 20/2566.
Restless legs The Retless tegs Syndrome support group will meet 7 pm. Tuesday, Nov. 12, at Opinityes in Westland, Video, hand-outs and surprises. Everyone welcome. Call Jan at (734) 453-4847. Diabetes
The Olabetes Support Group at St. Mary Merry Hospital, Livonia, will host a discussion on "Stomach and Interiolial Primers due to Diabetes".

totestinal Problems due to Diabetes" 7 8:30 n.m. Wednesday, Nov. 13. in the osoitat's Auditorium. The speaker . The group presents a new

Sultant. The group presents a new topic on the second Wednesday of each month for adult dishelics and family members. Call (734) 655-8940. Headache prevention Oakland Physical Theory, P.C. will present "HEADach and Prevention" 7 pm. Thursday, Nov. 14, at the Providence Medical Center, 4760 front River Ave. Medical Center, 4760 front River Ave.

Clinical trials
Curious about clinical trials, but don't
know what to ask your doctor?
Beaumont Hospital's Sharing & Caring
program offers "What You Need to Know
About Clinical Trials" 7-9 p.m. Thursday. Nov. 14, in the hospital's 1st Floo Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak, Rurse Beth Golden, Cancer Clinical Trial Office, Beaumont Cancer Center, will be the presenter, Call (248) 551-8588.

pod drive
Bring In 10-20 cans of food to
Cornerstone Chiropractic on Friday,
How, 15, and receive your initial exam
and X-rays free. Cornerstone is located ot 43460 Ford Road (inside Kennedy Plaza) In Canton, Call (734) 207-7770 to

Stop smoking, lose weight sop samoung, use weight Providence Hospital and Medical Centers, 22250 Providence Drive, Medical Bidg., Southfield, will offer the Wellness Seminar for smoking cessation 10 a.m. to noon, Saturday, Nov. 16, and for weight reduction 13 pm. the same day, First 45 minutes of each seminar is a free orientation. Full seminar is \$59 and includes hypnotic session, tapes nar if needed, Call (877) 345-5500.

Mom, daughters and puberty

Join "A Heart-to-Heart Conversation

for Mothers and Daughters on Puberty for Mothers and Dauphters on Puberty and Growing Up" 1-5 pm. Saturday, Nov. 16. at the Saint Joseph Mercy Canton Health Center, 1600 S. Canton Center Road, Canton, for mothers and dauphters ages nine to 12. Cost 1s \$45 for mom and one dauphter (50 or each additional dauphter or grand-mother). Call (734) 712-5400. accupressura

ccupressure
The Tree House, 22906 Mooney Street,
Farmington, will offer "Healing at Your
Fingertips," an intermediate class on
accupressure and vital reflex points. 1-7 p.m. Saturday, Nov. 16. Cost is \$50. dinner included. 7.2 C.E.U.s available for nurses; 6 C.E.U.s for massage thera-pists. Call (248) 473-0624.

pists. Call (240) 4/3/06-A.

Dyfezia

Dr. Robert D. Smith, neuropsychologist.

Of The Michigan Dystezia Institute

Deroit Metro Center, will discuss
dystexia, attention deficit disorders
and tearning disabilities 7-9 p.m.
Wednesday, Nov. 20, at the center,
30230 Orchard Lake Road, Suite 1930. octon Hills, Call (248) 737-0044.

rw daus "Boot Camp for New Dads," a class taught by dads, teaches fist-time fathers practical information on par-

p.m. Thursday, Nov. 21, at the Saint Jasson Mercy Canton Health Center, 1600 S. Canton Center Road, Canton Cost 1s 255. Call (734) 725-400. Long-term care Insurance Beaumont Hospital's Sharing & Caring program pressh: "Is Long-Term term. Health Care Insurance Bight for Net?" 49 p.m. Thursday, Nov. 21, in the hospital's list I floor Contenence Room. Beaumont Canter Center STYW et al. 1811 (1907 Contenence Room. Beaumont Cancer Center, 3577 W. Call (248) 551-8588.

#### ONCOING

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.

vorce 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.

month. Call the WKC 14 (134) 402-4491.

Fibromyalgia

Fibrotyleids & More, a support good proroutfriends & More, a support good proroutfriends & More, and Chronic Fabbue Syndrome, meets 1 pm. the first Thursday of the month at the Merriman Road Baptist Church, 2055 Merriman Road, Garden City, Cas Tina at (734) 495-474 (136) 475-474 (136

## New guidelines released on hand cleaning

The Centers for Disease Control and Prevention (CDC) recently released new guidelines that advise the use of alcohol-based handrubs to protect patients in health care settings. The new hand hygiene guidelines were released in Chicago during the 40th annual meeting of the Infectious Diseases Society of America. "Clean hands are the single most important factor in preventing the spread of dangerous germs and antibiotic resistance in health care settings," said Dr. Julie Gerberding, director of the CDC. "More widespread use of these products that improve adherence to recommended hand hygiene practices will promote patient safety and prevent infections." CDC estimates that each year nearly 2 million patients in the United States get an infection in hospitals, and about 99.000 of these patients die as a result of their infection. Infections are also a complication of care in other settings including long-term care facilities, clinics and dialysis centers. Improving hand hygiene will help prevent the spread of germs from one patient to another. Data show that health care personnel may be more inclined to use alcohol-based handrubs because they are more con-

**Beaumont to** 

test new option

to treat early

breast cancer

Beaumont Hospital is the only hospital in the country currently testing whether external-beam radiation directed to the breast tumor site after lumpectomy is as effective as irradiating the entire breast.

Dr. Frank Vicini, radiation conclusive believes that "nartial properties believes that "nartial".

Dr. Prank Vicini, radiation oncologist, believes that 'partial breast irradiation,' or 'quadrant irradiation,' may uldmately prove to be as effective as whole breast irradiation. That's because undiation administered to the entire breast has its primary effect at or near the tumor site. The advantage of quadrant irradiation is that unnecessary treatment to the heart, chest will and other bentle from radiation can be significantly reduced because the meyet area is smaller,' say Vicini. In addition, it can significantly shortes treatment time and potentially reduce health care costs.

Whole-breast irradiation after tumpectomy generally tukes five

need for an additional invasive procedure after lumpectomy. Beaumont's Radiation Oncology programs in one of Michigan's high-est-volume treatment centers, proding about 22,700 treatments in 2001. In addition to breating people with enzure, department staff are pursuing treatment advances through research of innovative bruchy therapy techniques and technology to improve accuracy in external-beaun radiation.

'Clean hands are the single most important factor in preventing the spread of dangerous germs and antibiotic resistance in health care settings."

Dr. Julie Gerberding director, Centers for Disease Control and Prevention

venient to use. Recent studies show that these handrubs actually reduce the number of bacteria on the handrub actually reduce the number of bacteria on the handrubs and the properties of the studies of

take less time to use and cause less sun inter-tation and dryness than many soaps."

The new guidelines recommend additional steps that administrators can take to increase adherence to good hand hygiene practices.

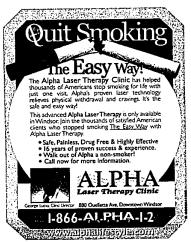
when deciding what products to purchase, administrators should consult with health care personnel on issues like smell, consistency and the amount of skin irritation the product may cause. If, as expected, hand hygiene products may cause. If, as expected, hand hygiene products may cause. If, as expected, hand hygiene products, preventing even a few additional health care-associated infections grave will lead to evenings that will exceed any extra costs for better hand hygiene products.

The hand hygiene guidelines were developed by the CDC's Healthcare Infection Control Practices Advisory Committee (HICPAC), in collaboration with the Society for Healthcare Epidemiology of America (SIEA), the Association of Professionals in Infection Control and Epidemiology (APIC), the Infectious Disease Society of America (IDSA).

The hand hygiene guidelines are part of an overall CDC strategy to reduce infections in health care estimes to memorate assistant as for

overall CDC strategy to reduce infections in health care settings to promote patient safety.

For more information about the hand hygiene campaign go to http://www.cdc.gov/handhygiene.



# Breast Cancer-

What difference can having four options make?



umpectory generally takes five weeks followed by up to 10 more days of external-beam radiation or up to three days of radiation implants (brachytherapy). If this of inplants (brachydrerapy). If this current research provers and and effective, Vicini predict that quadrant irradiation could be done in only one week.

Candidates for this research are women with early-stage breast cancer who are postmenopausal and at least 50 years old.

Vicini has also tested breast cancer with good results. However, extremal-beam radiation has an advantage over brachytherapy in that it may eliminate the need for an additional invasive procedure after lumpectomy. with a family history of breast o the importance of early detection, Henry Ford was able to offer me four unique types of breast cancer detection options. My doctor and I were shie to choose the best method for me. And thanks to the screening we were able to treat

ning call 1-888-734-JFCC (5322) or go online to HenryFord.com/cancer

cancer in its earliest stages.



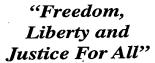
DUCTAL LAVAGE: tests cells collected from the milk ducts where concer first forms

MAMMARY DUCTOSCOPY: uses a scope to look inside the milk ducts for abnormalities

a biopsy needle is used to remove tiny tissue samples from the breast

CORE BIOPSY:





.....Would mean nothing without the dedication of our Veterans.....those brave men & women who make those words our reality!



### **VETERANS' DAY • NOV. 11TH**

This Veterans' Day, we will honor those brave individuals who have represented this country so well in their time of service, with a special section in The Observer & Eccentric Newspapers in both Oakland and

The deadline is November 4th and there are 2 ad sizes to choose from

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Dylan Bawulski

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