

## 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) 261-4995 or LeeAnn at (248) 360-7108.

## Lymphedema

The Weisberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills, will present a discussion on "Lymphedema and Breast Cancer: Precautions and Treatment" 6 p.m. Thursday, Nov. 7. Free speaker and lecture. Call (248) 536-5537.

## Bipolar disease

The MDDA Bipolar Support Group will meet 3-5 p.m. Thursday, Nov. 7, in Beaumont Hospital's Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathleen at (248) 544-0797. The group meets the second and fourth Thursdays of the month.

## Blood pressure

Learn how to lower your blood pressure. Lecture presented 10:30 a.m. Thursday, Nov. 7, at Saint Joseph Mercy Cancer Health Center, 16000 S. Canton Center Road. To register, call (734) 712-3546.

## Incontinence seminar

Oakwood Annapolis Hospital in Wayne will host a free community seminar about incontinence and other bladder problems 5:30-7:30 p.m. Thursday, Nov. 7. Incontinence: Stop Suffering! In Silence will address the different types of incontinence, their prevalence and new treatment options. Pre-registration is required. Please call (800) 543-NEEL to reserve your spot.

## Tamoxifen

Beaumont Hospital's Sharing & Caring program offers "Tamoxifen and Uterine Cancer Risk" 7-9 p.m. in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Oncologist Dr. Dana Zekhalik of Cancer Care Associates will present the program. Call (248) 551-8588.

## Thyroid

The Michigan Thyroid Support Group meets 6:30 p.m. Monday, Nov. 11, at the Plymouth Library, 223 S. Main Street, Plymouth. Speaker Dr. Swaiden Steffen, an endocrinologist, will discuss how he treats thyroid disorders in his Bloomfield practice. Call Tracy Green at 734-453-7945 or e-mail mthyroid@comcast.net or our Web site at <http://michthyroid.com/thyroid>

Westwood School District and Oakwood Health Care System will sponsor a

health fair 5-8 p.m. Tuesday, Nov. 12, at Thorne Elementary School, corner of Annapolis and Gully, Dearborn. Free checks for cholesterol, blood pressure, blood sugar, hearing and vision. The shots SIS, pneumonia shots \$25. Lots of health information. Call school nurse Ronda Harrison at (313) 201-2566.

## Restless legs

The Restless Legs Syndrome support group will meet 7 p.m. Tuesday, Nov. 12, at OptumCare in Westland. Video, handouts and surprises. Everyone welcome. Call Jan at (734) 453-4847.

## Diabetes

The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion on "Glucose and Intestinal Problems due to Diabetes" 7-8:30 p.m. Wednesday, Nov. 13, in the hospital's Auditorium. The speaker will be gastroenterologist Dr. Nabil Sultani. The group presents a new topic on the second Wednesday of each month for adult diabetics and family members. Call (734) 655-9940.

Headache prevention

Oakland Physical Therapy, P.C. will present "HEADACHE: Physical Therapy Management and Prevention" 7 p.m. Thursday, Nov. 14, at the Providence Medical Center, 4050 Grand River Ave., Suite B124, Novi. Free. RSVP by calling (248) 380-3550.

## 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 Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Nurse Beth Golden, Cancer Clinical Trials Office, Beaumont Cancer Center, will be the presenter. Call (248) 551-8588.

## Food drive

Bring in 10-20 cans of food to Cornerstone Chiropractic on Friday, Nov. 15, and receive your initial exam and X-rays free. Cornerstone is located at 4540 Ford Road (inside Kennedy Plaza) in Canton. Call (734) 201-7770 to schedule an appointment.

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 hypnosis session, tapes and unlimited free repititions of seminar if needed. Call (877) 245-5500.

Mom, 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 Cancer Health Center, 1600 S. Canton Center Road, Canton. Cost is \$25. Call (734) 712-5400.

## Accupressure

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. 72 CEUs available for nurses. 6 CEUs for massage therapists. Call (248) 473-0624.

## 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, 30230 Orchard Lake Road, Suite B130, 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 Cancer Health Center, 1600 S. Canton Center Road, Canton. Cost is \$25. Call (734) 712-5400.

## Long-term care insurance

Beaumont Hospital's Sharing & Caring program presents "Is Long-Term Health Care Insurance Right for Me?" 7-9 p.m. Thursday, Nov. 21, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

## 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 Meridian Road Baptist Church, 2055 Meridian Road, Garden City. Call Tina at (734) 495-0226 or Lucy at (734) 953-8576.

## 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 90,000 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 patient to patient. Data show that health care personnel may be more inclined to use alcohol-based handrubs because they are more con-

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venient to use. Recent studies show that these handrubs actually reduce the number of bacteria on the hands more effectively than washing hands with soap and water.

"Health care personnel are always on the go, which sometimes makes handwashing with soap and water difficult," said Dr. Steve Solomon, acting director of CDC's healthcare quality promotion division. "These handrubs should help promote hand hygiene because they are much more accessible than sinks, take less time to use and cause less skin irritation 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 improve hand hygiene practices, preventing even a few additional health care-associated infections per year will lead to savings 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 (SHEA), 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 settings to promote patient safety.

For more information about the hand hygiene campaign go to <http://www.cdc.gov/handhygiene>. For more information about CDC's seven health care safety challenges go to <http://www.cdc.gov/nicd/hip/challenges.htm>

## 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 oncologist, believes that "partial breast irradiation," or "quadrant irradiation," may ultimately prove to be as effective as whole breast irradiation. That's because radiation 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 wall and other bony structures from radiation can be significantly reduced because the target area is smaller," says Vicini. "In addition, it can significantly shorten treatment time and potentially reduce health care costs."

Whole-breast irradiation after lumpectomy 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 current research proves safe and effective, Vicini predicts 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 brachytherapy for early-stage breast cancer with good results. However, external-beam radiation has an advantage over brachytherapy in that it may eliminate the need for an additional invasive procedure after lumpectomy.

Beaumont's Radiation Oncology program is one of Michigan's highest-volume treatment centers, providing about 32,700 treatments in 2001. In addition to treating people with cancer, department staff are pursuing treatment advances through research of innovative brachytherapy techniques and technology to improve accuracy in external-beam radiation.

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**MAMMARY DUCTOSCOPY:**  
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**CORE BIOPSY:**  
a biopsy needle is used to remove tiny tissue samples from the breast

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## 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 Wayne Counties.

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