

WEIGHT LOSS

FROM PAGE C6

track," says Patti. "We also had the support of our three children, Kim, 24; Megan, 20, and Jim, 19. They have been our cheerleaders along the way."

According to Jim, his daughter Kim recently gave him a special compliment. After a father-daughter hug, she told him that that was the first time she was able to get her arms all the way around him. This, he says, has made all the effort worth it.

"Having the support of our spouse, our children, other family members and the caring HMR staff is an important reason for our success," says Patti. "Also, it's been pretty painless losing the weight. But this is because we have been committed from the very beginning. Of all the things needed for success, commitment is the most important."

For information on the HMR program, call (734) 655-1783. A number of orientation classes are scheduled in the coming weeks.

Deborah Kezellan, 46, of Canton also knows the role commitment plays in successful weight loss. And she knows the importance of support. That's why she joined TOPS (Take Off Pounds Sensibly) seven years ago. "And it's because I had TOPS and a commitment that I lost 25 pounds," she exclaims. "TOPS is an international non-profit group that, through weekly meetings, provides its members with the support, encouragement and educational opportunities needed to make healthy, permanent lifestyle changes. Unlike other programs, it does not provide a specific food plan



Jim O'Connor has developed a new appreciation for baked chicken breasts since losing weight through St. Mary Mercy Hospital's Health Management Resources program.

to follow. Member, who weight in weekly, are encouraged to seek an eating and exercise plan from their doctor.

Kezellan says she chose TOPS because she likes the accountability - "You can share with other members whether or not you lost weight the past week" - and the support she receives in a very comfortable setting. "The group members really care about how you are doing. This is the biggest appeal of TOPS."

Her enthusiasm for the TOPS approach to weight loss

has led this mother of two teenage boys to volunteer for officer positions. She became the leader of her Canton group earlier this year.

Another reason she likes TOPS is because it is an affordable program. It costs \$20 a year and \$1 for the weekly meetings. "But you can get money back if you do well and lose weight. Contests with money awards are held often to help members lose weight in a fun way."

Kezellan says that readers interested in learning more about TOPS are welcome to call

her at (734) 207-9626. Also, for information on meeting times and locations, call TOPS at (800) 932-8677 or visit the group's Web site at www.tops.org.

I have invited readers to join me in losing weight and getting "fit forever." I'm making strides in shedding the pounds.

I have lost more than 10 pounds thus far with a few step backward along the way. The moment I started this challenge, there seemed to be a excess of parties, dinner invitations and a host of other outings all centered

COUNTING CALORIES

Your present weight:
Your height (in inches):
Your age:

1. Multiply your weight by 4.3;
2. Multiply your height (in inches) by 4.7;
3. Add these two numbers together, plus 655;
4. Multiply your age by 4.7;
5. Subtract the number in 4 from the total in 3;

This is the number of calories you need if you don't exercise. It's your resting metabolic rate, the rate at which your body burns calories at rest. If you eat no more than this number of calories, you will not gain weight.

6. If you do moderate exercise each day - and this is a must if you want to lose weight - multiply the number of calories in 5 by 1.4: This is the total number of calories you can consume each day to maintain your current weight.

If you want to lose weight at a healthy rate of at least one pound a week, you need to reduce your food intake by 500 calories a day. If you don't exercise, reduce the number in 5 by 500 calories; if you exercise every day, reduce the number in 6 by 500 calories. Remember, never go below 1,200 calories a day. If you consume fewer than 1,200 calories a day, you could slow your metabolism and sabotage your weight-loss plan.

This formula is from *Slow But Sure* (Signet, 2001) by Sandra Dalka-Przybyl and is used with permission.

around food. It's been tough staying on track and I have, at times, taken some detours. I, however, keep returning to healthy eating and regular exercise.

I'm getting better at successfully handling food temptations and will share my tips and the

advice of health care professionals on how to survive the holidays without gaining weight in a future report. In the meantime, if you have tips of how to have a healthy and fit holiday season, e-mail me at sdprybyl@hotmail.com.

Nurses' group offers flu shots at area sites

Like heavy snowfall and ice storms, the flu is one of many difficulties Michigan residents face during the winter. However, the fever and aches associated with the flu can mostly be avoided by getting a flu shot.

"The flu virus changes over time so that immunity from a past infection or immunization may not protect against a new strain," said Kathleen Holycross, president of Visiting Nurse Association of Southeast Michigan. "The vaccine is updated annually to protect residents during the winter months when the flu is most prevalent."

Once a person receives a flu shot, it takes approximately 10-14 days for their body to build up an adequate immunity. This means if they were infected shortly before the shot, they may still get the flu. Contrary to what some people believe, the shot does not cause the flu.

The flu shots will be offered on the following dates:

■ Wednesday, Nov. 13 - Kroger, 23850 Grand River (at Beech Daly), Redford. Time: 11 a.m. to 3 p.m.

■ Thursday, Nov. 14 - Kroger, 33523 Eight Mile (at Gill), Livonia. Time: 1-4 p.m.

■ Thursday, Nov. 15 - Meijer, 13000 Middlebelt

Road, Livonia. Time: 11 a.m. to 3 p.m.

■ Saturday, Nov. 16 - Art Van Furniture, 29905 West Seven Mile, Livonia. Time: 1-3 p.m.

■ Saturday, Nov. 16 - Kroger, 1905 Canton Center Road, Canton. Time: 10 a.m. to 2 p.m.

■ Monday, Nov. 18 - Kroger, 6805 Middlebelt Road (near Ford), Garden City. Time: noon to 3 p.m.

■ Monday, Nov. 18 - Kroger, 36111 Michigan Avenue (near Wayne), Wayne. Time: 4-7 p.m.

■ Wednesday, Nov. 20 - Kroger, 30935 Five Mile (at Merriman), Livonia. Time: 10

a.m. to 2 p.m.

■ Wednesday, Nov. 20 - Kroger, 36430 Ford Road (at Central City Parkway), Westland. Time: 4-7 p.m.

The cost of immunization is \$15.

There is a small number of people who should not get a flu shot. This includes people allergic to eggs, which are used to make the vaccine, those who are very ill with a high fever (postpone getting a shot until the fever resolves); and those who have had a severe reaction to the flu vaccine in the past.

For more information, call (800) 296-8660 or visit www.vna.org.

Garden City Hospital offers new cancer therapy

Garden City Hospital is the only community hospital in the area to offer a new type of targeted cancer therapy called radioimmunotherapy. This is a unique treatment regimen for patients with certain types of B-cell non-Hodgkin's lymphoma.

This sophisticated treatment combines a source of radiation, such as a radioisotope, with a component of the immune system, such as an antibody. The antibody recognizes and attaches to a particular part of a B-cell. This allows the radioisotope to specifically target and destroy malignant B-cells. In what is called a crossfire effect, the emitted energy can also reach and destroy neighboring or surrounding cancer cells.

The procedure calls for the intravenous infusion of monoclonal antibody into the patient by a medical oncologist. The

radioisotope is then administered intravenously by a radiation oncologist. Based upon images taken by a special camera at various intervals to determine the distribution of the drugs another infusion is administered on day seven, eight or nine of the regimen.

"What is unique about this is that it is happening at a community hospital," said Tom Daskalakis, the hospital's vice president. "Due to the good working relationship that exists with our medical oncology, radiation oncology, hematology and radiology physicians, we are able to offer our patients a treatment that is usually reserved for much larger teaching institutions."

For more information, please contact Terry Carroll, director of Community Relations at (734) 458-4267.

Times columnist Jane Brody guest speaker in Southfield

The New York Times columnist, author and science writer Jane E. Brody will be the featured speaker at the Women & Science Luncheon hosted by the American Committee for the Weizmann Institute for Science on Wednesday, Nov. 20. The event will be held at Congregation Shaarey Zedek, 27375 Bell Road, Southfield, and the public is invited to attend.

The registration for the event begins at 11 a.m. Lunch and the program follow at 11:30 a.m. Brody will present "Take Charge of Your Health."

Brody has been personal health columnist at The New York Times since 1976. Her articles on other aspects

of science and medicine appear frequently in The Times' Wednesday Health Page and Tuesday's Science Times.

Brody also has written scores of magazine articles and delivers lectures on health and nutrition to lay and professional audiences. She has appeared on radio and television shows throughout the country and received numerous prestigious awards for journalistic excellence. She has written several books, including *Secrets of Good Health, You Can Fight Cancer and Win*, *Jane Brody's Nutrition Book*, *Jane Brody's Good Food Gourmet*, *Jane Brody's Cold and Flu Fighter* and *The*

New York Times Book of Women's Health.

Tickets for the luncheon are \$50 per person, or a

table of 10 is \$500.

Reservations are requested by Nov. 15. Call (248) 258-9890 for reservations.

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