

NOVEMBER

**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. Sheldon Stoffer, 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://mthomestown.com/oe/thyroid>

**Flu shots**  
St. Mary Mercy Hospital in Livonia is offering flu shots noon to 4:15 p.m. Monday, Nov. 11; 3-7 p.m. Wednesday, Nov. 12; and 12:30-2:30 p.m. Thursday, Nov. 14. Appointments are required. There is a \$15 fee for the shots, free for seniors with proof of Medicare B. Please call Community Outreach at (734) 65-8950

**Grief support**  
Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 14000 Newburgh Road, Livonia. The next meetings are 1 p.m. and 6 p.m. Nov. 12 and Nov. 26. Call (734) 464-7800

**Health fair**  
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 Ann Arbor and Fuller, Dearborn. Free checks for cholesterol, blood pressure, blood sugar, hearing and vision. Flu shots \$15, 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 OptiMeyes in Westland. Video, handouts and surprises. Everyone welcome. Call Jan at (734) 453-4847

**Diabetes**  
The Diabetes Support Group at St. Mary Mercy Hospital will host a discussion on "Stomach 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 Sultan. The group presents a new topic on the second Wednesday of each month for adult diabetics and family members. Call (734) 655-8940

**Memory**  
Sandy Baumann, a biochemist/health educator, offers "Help! I Forgot where I Put My Memory" 6:30-9 p.m. Wednesday, Nov. 13 and Nov. 20, at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Learn about the latest research in memory changes and receive tips and information about memory supplements and practical exercises to help you remember. Cost: \$40; Dearborn residents, \$36. Call (313) 317-1500

**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, 47601 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

Conestoga Chiropractic on Friday, Nov. 15, and receive your initial exam and X-rays free. Conestoga is located at 45460 Ford Road (inside Kennedy Plaza) in Canton. Call (734) 207-7770 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 repetitions of seminar if needed. Call (877) 345-5500

**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 Canton Health Center, 1600 S. Canton Road, Canton. For mothers and daughters ages nine to 12. Cost is \$45 for mom and one daughter (\$30 for each additional daughter or grand-daughter). 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. T2 C.E.U.s available for nurses; C.E.U.s for massage therapists. Call (248) 473-0624

**Prostate cancer**  
Attend a free speaker/lecture on "Nutrition and Prostate Cancer" 6:15 p.m. Tuesday, Nov. 19, at the Weisberg Cancer Center, 3995 Northwestem Hwy, Farmington Hills, with national speaker and author Mark Moyad. Call (248) 538-6507

**AD/HD**

Are you looking for natural alternatives to Ritalin and other drugs? Attend a free workshop offered by the Detroit Speakers Bureau 7 p.m. Wednesday, Nov. 20, at the Plymouth Library, 223 S. Main Street, Plymouth. Call (734) 416-2411

**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. Center is located at 30320 Orchard Lake Road, Suite #130, Farmington Hills. Call (248) 737-0044

**Fibromyalgia**  
Dr. Barry Hobbs, specific chiropractor, The National Wellness Foundation, will offer a complimentary lecture on fibromyalgia/chronic fatigue syndrome 7-8:15 p.m. Thursday, Nov. 21, at the Plymouth Public Library, Call (734) 416-2411

**New dads**  
"Boot Camp for New Dads," a class taught by dad, 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 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. Call (248) 551-8588

Mercy Health System will host "Holiday Foods, Fun and Surprises" 9:30-11:30 a.m. Tuesday, Dec. 3, at SJM Health Stop, located in bldg. 1000 Main St. just off I-94 at the State Street exit in Ann Arbor. Call (734) 827-3777

**Bipolar disease**  
The MDA Bipolar Support Group will meet 3-5 p.m. Thursday, Dec. 12, in Beaumont Hospital's Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathleen at (248) 544-1097. The group meets the second and fourth Thursday of the month.

**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

**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) 770-9959

**Thanksgiving Chanukah Holiday Sale!!!!**  
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**Arthritis Today**  
JOSEPH J. WEISS, M.D., RHEUMATOLOGY  
18029 Farmington Road  
Livonia, Michigan 48152  
Phone: (248) 478-7860

**WHAT IS THE OUTLOOK?**  
Let's suppose you have arthritis of the knee, and your doctor orders the knee. Certainly it is reasonable for you to ask "How long will it take to get on?" You expect that your doctor has seen such cases before, and can give you an idea of what to expect.  
Responding to your question is not easy. First, from your present visit, the doctor cannot predict when he will need to see you again. It takes two points to define a line and it takes two, or more, visits to identify a trend.  
The second problem a physician faces in trying to determine the course of your arthritis, is the variability in individuals. A physician may know that 80% of the time, sudden knee swelling is innocuous trauma, and not likely to happen again. What he doesn't know is the minority of the time the swelling is the sign of a more serious problem. Patients vary greatly in the way their limbs will respond to treatment and the time that is normal for a damaged knee to heal.  
The third difficulty for a physician is dealing with your own perspective. When you are in a mood of illness that goes on and on, you may well think that the problem will go on forever. Physicians know that the body has the ability to heal itself and problems that appear endless, do resolve.  
Do not become discouraged if you pose the question of "How long" to your doctor and he gives you an incomplete reply. Time will answer what he cannot.  
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**SPOTLIGHT ON Orthodontics**  
by Josephine Finazzo D.M.D.  
**OPEN AND SHUT CASE**  
While most people undergo orthodontic treatment for a better-looking smile, there are also improvements to consider in terms of health and function. Not only are straight teeth easier to keep clean and healthy, but they also function better. Teeth that are crowded, protruded, or misaligned are susceptible to excessive wear and sensitivity. Consider the case of a crossbite, which is characterized by upper front teeth that fit inside the lower teeth. If left untreated, this malocclusion (bad bite) can lead to unfavorable jaw growth and uneven tooth wear. In the case of protruding teeth, there is greater likelihood of accidental chipping due to trauma, while an open bite can give rise to speech issues. Orthodontic treatment eliminates these problems.  
The good news is that your teeth often benefit aesthetically and functionally from orthodontics. To find out what orthodontics can do for you, contact THE ORTHODONTIC GROUP, 442-8885, and our staff will make an appointment for you. Located at 19850 Middlebelt, we have a computer imaging system that helps patients visualize what the end result of orthodontic treatment may look like. We also offer payment plans and terms. Look for our next article in two weeks.  
**THE ORTHODONTIC GROUP**  
19850 Middlebelt • Livonia • (248) 442-8885

**In honor of National Alzheimer's Disease Month**

Guest Speaker, Amira Choukair Tame, ACC  
How Activity Therapy Can Benefit Individuals with Alzheimer's

→ Amira Choukair Tame is the author of the book *Healing the Wounds of Alzheimer's Disease and Specialized Activities that Work in Your Home*. She is a Nationally Certified Activities Consultant who is also the President of Alzheimer's Activities Service. She is a member of the Alzheimer's Association Speakers Bureau, Michigan Association of Activity Professionals and the American Society on Aging. Now, Amira Choukair Tame will join us to discuss the benefits of Activity Therapy for individuals with Alzheimer's.

**Free Alzheimer's Caregiving Seminar**  
Join us for this special seminar. Seating is limited, so make your reservation early. Adult day services will be provided by qualified staff. Please ask about this service when making your reservation.  
Call 248-426-7055 for reservations.

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