

Cancer experts issue nutrition guidelines

The American Institute for Cancer Research has issued nutritional guidelines for cancer survivors. The guidelines are intended to help cancer survivors following treatment choose foods that will reduce risk of secondary tumors or recurrence of their cancer.

"During treatment, many cancer survivors need to eat whatever foods they can tolerate to maintain strength. But after treatment, they often ask what changes they can make in their diet and activity level to regain energy and then stay healthy and cancer free," said Jeff Prince, AICR's vice president for education.

Physicians are often reluctant to offer dietary recommendations to cancer survivors since science-based conclusions have been lacking. As a result, many survivors are persuaded by anecdotal evidence and marketing programs to overdo on untested supplements.

AICR is actively promoting research on diet, exercise and cancer survivors through conferences, its grant program and its new fellowship program.

Meanwhile, we are issuing seven dietary guidelines for cancer survivors based on the extensive research that has been done on the link between diet and reducing the risk of primary cancers. There is a consensus among researchers and clinicians that, until more is known, cancer survivors should regard these guidelines as relevant to their situation," Prince said.

1. Choose predominantly plant-based diets rich in a variety of vegetables and fruits.
2. If eaten at all, limit intake of red meat to less than three ounces daily.
3. Limit consumption of fatty foods, particularly those of animal origin. Choose modest amounts of appropriate vegetable oils.
4. Limit consumption of salted foods and use of cooking and table salt. Use herbs and spices to season foods.
5. Limit alcoholic drinks to less than two drinks a day for men and one for women.
6. Do not eat charred food. Consume the following only occasionally: meat and fish grilled in direct flame, cured and smoked meats.
7. Avoid being overweight and limit weight gain during adulthood. Take an hour's brisk walk or similar exercise daily.

Commentary of these guidelines appears on AICR's new online Cancer Survivor's Guide at www.aicr.org/survivor.

MEDICAL DATEBOOK

Senior Health Day

Senior Health Services of Saint Joseph 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 Birlwood West just off I-94 at the State Street exit in Ann Arbor. Call (734) 821-3177.

Child development

Angela Hospice in Livonia will offer a holiday workshop for children 6-17 years old 5:30-7:30 p.m. Tuesday, Dec. 3. As part of the session, participants will design and make a holiday wreath in honor of their loved one. Parents are welcome to attend. Contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Weight loss

The HMR Weight Management program at St. Mary Mercy Hospital offers weekly classes and support. Participants must attend an orientation class before enrolling. Upcoming orientation dates are: 4:45 p.m. Wednesday, Dec. 4; 4:30-5:30 p.m. Tuesday, Dec. 10; and 4-5 p.m. Wednesday, Dec. 18. Call (734) 655-1793.

Flu shots

Garden City Hospital will provide flu shots on a walk-in basis 8:30 a.m. to 5 p.m. Thursday, Dec. 5, at the Harrison Health & Education Center, 670 Harrison. Garden City Shots are \$15 no cost for people with a Part B Medicare card. Call Terry Carroll at (734) 458-4276.

Worry

Dr. Bruce Hillenberg, psychologist, will present "Coping with Worry and Fear" 7-9 p.m. Thursday, Dec. 5, at Beaumont Hospital, 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 561-6588.

Breast prostheses

The Women's Health Boutique, 31209 Plymouth Road, Livonia, will offer a "Fit Clinic" 10 a.m. to 4 p.m. Dec. 6 and Dec. 7. Representatives from ContourMed will scan for custom breast prostheses, which mirrors the intact breast and matches the chest wall. Call (734) 762-9324.

Lymphatic workshop

The Tree House, 22906 Mooney Street, Farmington, will host "The Ultimate Lymphatic and Blood Detox Workshop" 1-7 p.m. Saturday, Dec. 7. Learn the basic principles of anatomy, physiology and fluid dynamics of the human lymphatic system. Raw food dinner buffet. Cost: \$50 single; \$90 couple. Call (248) 473-0624.

Parkinson's disease

The Parkinson Education and Support Group of Washtenaw County will meet 1:30 p.m. Saturday, Dec. 8, at the Saint Joseph Mercy Hospital Education Center, Bldg. 5305, Huron River Drive, Ann Arbor. Annual holiday potluck. Bring table service and a dish to pass. Main

entree and drinks provided. Entertainment. Call Beth Colaneri-Kenney at (734) 741-9209.

Grief workshop

Angela Hospice in Livonia will offer two adult grief workshops 1-3 p.m. and 7-9 p.m. Monday, Dec. 9. To register, contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Diabetes

The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion on "Handling the Highs and Lows during the Holidays" 7-8:30 p.m. Wednesday, Dec. 11, in the hospital's Auditorium. The group presents a new topic on the second Wednesday of each month for adults diabetics and family members. There is no charge, and pre-registration is not required. Call (734) 655-8961 or visit www.stmarymercy.org.

Homeopathy

The Tree House for Earth's Children, 22906 Mooney Street, Farmington, offers an "Introductory Class on Homeopathy" 10 a.m. to 3 p.m. Saturday, Dec. 14. Learn about natural remedies for colds, cough, allergies, aches and pains, indigestion, colic, asthma, depression and sexual problems, and more. Cost: \$50. Call (248) 473-0624.

Arthritis

Redford-based Physician Outreach will

present a seminar on "Arthritis: How to Increase Your Flexibility and Mobility" for seniors 10 a.m. Tuesday, Dec. 17 at the Berwyn Senior Center in Dearborn Heights. Limited to the first 25 guests. Call Eileen at (313) 277-7054.

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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.

Grief support

Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 4100 Newburgh Road, Livonia. The next meetings are 1 p.m. and 6 p.m. Dec. 10. Call (734) 464-7810.

Bipolar

The MDDA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

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.

DEPRESSION

FROM PAGE C5

INCREASED RISK

The risk of suicide increases greatly with untreated depression. Suicide rates have risen 300 percent since the 1950s (although in most groups those rates have leveled out during the past decade).

"The strongest predictors we have of suicide are a past history of a suicide attempt and a current clinical depressive disorder," said Dr. Cheryl King, director of the Child and Adolescent Depression Program at the U-M Depression Center in Ann Arbor.

It is also important to note, she said, that a conduct disorder - patterns of antisocial or aggressive impulsive behavior - when coupled with depression, can also be a strong predictor of suicide, as can substance abuse.

Parents need to watch for signs and show that they care if they suspect a teen is contemplating suicide, said King.

"Talking with young people

about suicide won't put the idea in their heads," she said. "So we ask people to be direct in a caring way. Ask: Are you thinking about suicide?"

SEEKING HELP

If you do suspect depression, your family physician can rule out additional possibilities. Other mental health problems, a thyroid condition, or mono infections can sometimes mimic depression. However, if the diagnosis is depression, parents can seek help from a number of sources.

The American Academy of Child and Adolescent Psychiatry cautions against using the Yellow Pages as the only source of information and referral. Friends, family, a spiritual counselor, physician or school counselor may be able to make a referral to a professional with experience treating adolescents.

Some other sources of information suggested by the AACAP include Employee Assistance Programs through your employer, county mental health departments or national professional organi-

zations such as the AACAP. Depression is a very treatable illness. With proper care, most teens can function normally. Untreated, however, depression can have lasting effects on the life of a teenager.

"The natural course (of major depression) could be three, six, or even 12 months to resolve by itself," said Dr. Marilyn Hamer, a board-certified child psychiatrist with Henry Ford Behavioral Health in Detroit and Birmingham.

"That's a whole school year of socialization, learning how to interact with the opposite sex, gaining more independence and making plans for after high school. A year is a long time for a teenager."

Most experts recommend more than one method of treatment to treat depression.

"Usually a combination of psychotherapy combined with medication works well for depression," said Hamer.

"These days the standard of care are the SSRIs." She got Selective Serotonin Reuptake Inhibitors, SSRIs are thought

to increase amounts of serotonin available to the brain, which helps to improve mood. Some of these include Prozac, Paxil, Zoloft and Lexapro.

Today's medicines are much improved over those used to treat depression in years past. An adjustment period is often required to find the most effective medicine and the correct dosage for a particular person, but the SSRIs are generally touted as being safer and more effective than the older antidepressants.

Cognitive therapy has been proven effective and is often recommended for those with depression. It is a type of therapy that helps restructure negative thinking patterns so depressed teens can see things in a more positive light.

Parents should be aware that it could take some time to find the therapist best equipped to serve the needs of their teen.

"If a teenager is seeing a therapist and it is not going well, the patient needs to know that it is their prerogative to get a second opinion," said Hamer.

In addition to therapy and medication, depression support groups can also be valuable for parents and teens.

"It can be helpful to go to meetings and talk to other people who have been in the same situation," said Hamer. "There are people in these groups who are for medication, and people who are against it, people on both sides of everything."

The MDDA of Metro Detroit is one such group. Affiliated with the former National Depressive and Manic Depressive Association, now called the Depression and Bipolar Support Alliance, the group provides "support, hope and education for individuals diagnosed with bipolar or unipolar, their families, friends and their treating professionals," said MDDA board President Mary Ann Bozenski.

More than 60 meetings are available per month, including a Family Members group and a meeting for Adolescents/Young Adults. Many of the meetings take place in Wayne and Oakland counties.

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