

NURSE PRACTITIONER

Dr. Amba R. Krishnan of Internal Medicine, Hematology and Oncology in Livonia welcomes Mary White to her staff as an adult nurse practitioner. White specializes in health promotions such as weight loss, smoking cessation, Korean hand therapy for chronic pain, and acute and chronic health problems. The practice is at 15140 Levan Road, Suite 40, Livonia. Call (734) 464-7600.



Penn



Spivey

OPHTHALMOLOGIST

Dr. Esther M. Penn has joined Henry Ford Eye Care

Services in Livonia and Henry Ford OptimEyes in Westland. Her clinical expertise encompasses comprehensive eye care, including cataract surgery. She has a special interest in eye plastic surgery. Penn, a member of the American Academy of Ophthalmologists and the American Society of Cataract and Refractive Surgeons, completed her ophthalmology residency at the W.K. Kellogg Eye Center at the University of Michigan. She earned her medical degree from Vanderbilt University School of Medicine in Nashville, Tenn.

Henry Ford Medical Center, Schoolcraft, (734) 427-8136. Henry Ford OptimEyes is located at 35184 Central City Parkway, Westland, (734) 261-0737.

CITIZEN OF THE YEAR

David Spivey, president and CEO, St. Mary Mercy Hospital, Livonia, was named

2002 Northville Corporate Citizen of the Year by the Northville Community Foundation. He was cited for his commitment, involvement and contributions to the Northville community at a special recognition held last November as part of the Northville foundation Holiday Home Tour. Proclamations were presented by the State of Michigan, County of Wayne and Township of Northville. "David Spivey has given back to the community through sup-

port of community sponsorships, such as the Northville Independence Day Parade, Victorian Days and other events," said Shari Peters, Chair of the Northville Community Foundation. Spivey has been president and CEO of St. Mary Mercy Hospital since June 2000, when the hospital became part of Trinity Health, the largest Health system in Michigan and the third largest Catholic health system in the United States.

# Study can help smokers kick the habit

Smokers who resolve to kick their tobacco habit in the new year, and those who have already quit, know they're doing something good for their health.

But now, they can also do something for the good of society, too. By taking part in a new study, they can help scientists conquer lung cancer, the deadly disease that kills more Americans each year than any other form of cancer. And in the process, they can get help with quitting or staying quit.

Smokers and former smokers between the ages of 55 and 75 are needed for the National Lung Screening Trial, being conducted at medical centers around the United States, including the University of Michigan Health System. Former smokers must have quit in the last 15 years. Participants must have no history of lung cancer.

Many Michiganders have already signed up for the study, which scans participants' lungs with high-tech cameras to look for signs of cancer, and tracks their health for several years, looking annually for signs of lung cancer.

The ultimate goal of the nationwide study is to determine whether regular CT scanning or chest X-rays can help reduce lung cancer death rates by catching cancer early.

Participants at the U-M site will also give samples of blood, urine and phlegm. These will help scientists look for clues as to what makes people vulnerable to lung cancer, and perhaps allow them to find "biomarkers" common to many cancer patients that could someday be used to test for lung cancer.

Ultimately, the doctors leading the study hope to find an effective way to provide early, reliable detection of lung cancer. They know that millions of American smokers and former smokers are likely to develop lung cancer sometime in their lives, and they want to help them have a better chance of survival. Smoking is by far the biggest risk factor for lung cancer, causing 87 percent of cases.

Already, the scans of more than half of the U-M study participants have shown an abnormality in their lungs that needs follow-up scanning. And about

10 percent of the participants had even more suspicious-looking areas on their lungs that need immediate examination. As part of the study, they're being referred to lung cancer specialists to be evaluated further.

Meanwhile, study participants who want help with stopping smoking are getting referred to proven smoking cessation programs in their area.

There's still room for hundreds more participants in the study, called the National Lung Screening Trial. Participants are assigned to either chest X-rays or CT scans by random chance - like the flip of a coin. For more information on the study, call (800) 865-1125, or visit [www.cancer.med.umich.edu/lu](http://www.cancer.med.umich.edu/lu) nghtm.

The study is badly needed because of the huge death toll that lung cancer takes every year - about 157,400 Americans, more than die from prostate, breast, colon and ovarian cancer combined - and because of claims that have been made about the power of new spiral CT machines to detect lung cancer.

In the last few years, CT scans have been shown to pick up small cancers, and it's become much easier to see those small cancers with a CT scan than with a chest X-ray.

But there isn't yet enough proof to say that CT scans help reduce the lung cancer death rate. Currently, 85 percent of patients die within five years of a lung cancer diagnosis.

Some doctors even worry that, because normal tissue can look suspicious on a high-quality spiral CT scan, the scans will cause needless worry and even lead people to have tests or surgery that could harm them.

Depending on what the study finds, doctors may be able to say whether all American smokers and ex-smokers should get their lungs scanned regularly - or whether scientists need to keep looking for better ways of finding lung cancer in its treatable early stages.

To settle the debate, the National Cancer Institute and the American College of Radiology Imaging Network are sponsoring the study.

## New Year's resolution: Find a good dietitian

Here's a suggestion from the American Dietetic Association for a New Year's resolution that's easy to keep and can make 2003 a great year for you and your family: Resolve to visit the health professional with the training and experience to help put you on the path to better nutrition and well-being all year long - a registered dietitian.

"Not only are registered dietitians the best sources of reliable and up-to-date food and nutrition information, they have the skills and knowledge to translate nutrition science into practical food choices," said registered dietitian and ADA spokesperson Dave Grotto.

"An RD is ready, willing and able to provide a customized life-long eating and fitness plan geared toward individuals and families to help improve and maintain their health."

According to ADA's most

recent nationwide nutrition trends survey, 85 percent of Americans say diet and nutrition are important to them personally, but just 38 percent believe they're doing all they can to achieve a healthful eating plan.

"It's clear that the American people are interested in keeping themselves and their families healthy and eating well. With the help of a registered dietitian, making just a few lifestyle changes can help overcome their obstacles to good nutrition and well-being," says Grotto.

From obesity, diabetes and food safety to meal planning, healthful cooking and packing children's school lunches - count on a dietetics professional for trusted, accurate, timely and practical advice. To find a registered dietitian in your area, visit ADA at [www.eatright.org](http://www.eatright.org).

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