### TREMOR

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ried, and caring for grandchildren. She has mastered both because of DBS.

#### SUPPORT GROUP

In April 2000, empowered with information and a successful outcome, Finsiliver began a support group to help educate and assist those with ET and other disorders that result in tremors. One of her group's goals is to help others feel they are not alone.

goals is to help out... are not alone. "People really change by coming to the group and meet-

ing others who know what you're going through," said Finsilver,

Finsilver's father also had ET,

Finsilver's father also had ET, and of her two children, a son and daughter, her son has a mild case of RT in his hands.

There is a definite genetic link although spontaneous cases also occur. If a parent has ET, there is a 50 percent chance of each child inheriting ET.

Typically, ET begins in one's 20s or 50s, although it can occur at any age. While experts believe it to be rave in children, Finsilver has met many people in her group who had ET as children. has met many people in her group who had ET as children.

### TREATABLE CONDITION

Dr. Peter LeWitt, of Royal

Oak's Beaumont Hospital, is a neurologist who specializes In movement disorders, which include Parkinson's disease and tremors. Lewit calls IT a very treatable condition and helieves that inexpensive medication used on a regular basis does a good job of controlling the tremor.

LeWitt said ET is often over-looked, and a family practitioner may not even be familiar with it. Also, it may be passed off as benign and disregarded even if it is recognized.

Some passes are boundened when the doctors and (patients) superctively have published selections or Parkinson's disease. Or, their physician says they have a Oak's Beaumont Hospital, is a

mild case of Parkinson's and are told not to worry about it, which they will do when they learn what Parkinson's is always and yet they don't have it, said LeWitt.

Though not anxiety-related, LeWitt and often sufferers are pegged as nervous, unxious people, or even alcoholics. It affects men and women equally, and strikes all race. The older one is at onset, the more likely there will not be a remained of the leading centers for tremor, and he says Beaumont is un or of the leading centers for tremor, and he says Beaumont is one of the leading centers for tremor, and he says Beaumont is one of the leading centers for tremor, and he says Beaumont is one of the leading centers for the international Essential Treatment of but tremores. Some tremor, with ET there is an aggregated amount.

During his seven years at Eeuumont, LeWitt said there have been more than 200 cases leading the strength of the supplies of the su

tion for information.
For those with ET and other tremor disorders, Finsilver offers, Just come to the support group one time and you

can get enough information to be able to cope on a daily basis." She also emphasized the importance of proper diagnosis by a movement disorders spe-

by a movement disorders spe-cialist such as Junn or LeWitt. Frank Gudan has learned

Frank Gudan has learned numerous coping skills for dealing with his ET. When he visits a restaurant for example, he tells the waitress he has a tremor and saks her to fill his coffee cup only two-thirds full, so he can better handle it. He

so be can better handle it. He exercises to keep his muscles strong and maintains a positive outlook on life.

"I don't hide my tremor, people notice it, Gudan said. "I believe in admitting it, and you don't need to make a big deal with it. Enjoy life."

## **SMOKING**

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grans the brain to focus on the positive aspects of being a non-smoker and the reality—which most smokers know—of the damage caused, especially to the health, by eigerate smoking. For information about the self-improvement services offered by Mind Design Inc., including smoking cessation, or to schedule an appointment, call (248) 816-1999.

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Plymouth.
"I've tried many times and many different ways to give up smoking, including costly laser treatments in Windsor," says the treatments in Windson," says the 52-year-old Wayne resident.
Although nothing worked in the long run, I never gave up trying to find a way to become a non-moker. I now believe I have succeeded in getting rid of this bad habit for-

He explains that stress, due to a closed-head injury he received in a 1989 automobile accident, is

a 1989 automobile accident, is what laad, in the past, caused him to return to smoking. Colwell participated in the Breathe-Free program, which is held a total of seven days over three weeks, in January in Livonia. It's been almost of month without digarettes for this up-to-three-packs a day former smoker.

PERSONAL CONCERN

"I was most impressed by the personal concern shown by Dr. Weaver," any Colvell, who had smoked for 44 years. This concern, combined with a comprehensive program with lots of information, has enabled me to become a personal with a Lo. I.

information, has enabled me to become a nonamoler. Also, I learned through the program better ways (than cigarettes) to handle streed other smoke-ending programs he has tried, which were so impersonal, "Dr. Weaver really cares about the people in his program. Because of this, I don't want to disappoint him or myselfs of this time I plan to succeed being a lifelong nonamoker."

The Breathe-Free program worked for Linda Woodall, 51, of Westland. She became smoke-free five years ago and now offers support to others involved in the program. The smoked up to 21/2 packs a day for 30 years, but because of the support of Dr. Weaver and others, I discarded my cigarettes. Imagine a doctor giving you his phone number and permission to call him whenever you're having a rough time."

A substitute teacher at Livonia High School, Woodall says it saddens her to ee others start to smoke, especially teens. "Nobody thinks that they'll get hooked on digarettes. And those who begin to smoke don't realize how hard it is to give up this habit. But you do get hooked and it's hard to stop, which is something that everyone get hooked and it's hard to stop, which is something that everyone eventually discovers they have to do."

The next Breathe-Free Stop The next Breathe-Free Stop Smoking Program sessions will be offered Feb. 20, 24-28 and March a at Canton High School. Call (734) 416-2937 to register. It will also be held March 21, 24-28 and 31 at the new Novi Middle School. Call (248) 449-1066 to register. For program details, call (313) 531-2179 or (248) 349-5693.

### COPING WITH KICOTIKE WITHDRAWAL

have been more than 200 cases of DBS surgery. "It is quite

- 🖪 Have a survival kit handy. Include items that will help you keep your mouth occupied, such as low-calorie snacks, fruits and vegetables, sugar-free gum and drinking straws or toothpicks to chew on. Also include such things as knitting, crossword puzzles or other things of interest that will keep your hands busy.
- Drink lots of water. Water will help flush the nicotine out of your system. Also it fills you up so you're less tempted to eat.
- Learn relaxation techniques such as deep breathing, progressive muscle relaxation and visualization.
- Exercise daily. A regular daily exercise program will not only relieve stress, but it will burn calories and keep the weight down.
- Stay away from situations and those who make you want to smoke. It is especially important for the first two weeks to stay away from friends and others who smoke. Tell them of your chaflenge and invite them to join you. Also stay away from or change those places and situations where you formerly smoked (i.e. when dining, ask for a table in the nonsmoking section).
- Stay away from "triggers." If you are used to having a cigarette with your coffee (caffeine beverages) or with alcoholic drinks, replace these triggers with water or juice.
- Keep busy with nonsmoking activities. Go for a walk. Go to the movies. Go to the library to read or use the computer. Take a long bath or shower. Do something that will take your mind off of smoking. ■ Be kind to yourself. Sometimes new ex-smokers report feeling depressed. Pamper yourself and know that this feeling is usually only temporary.
- 🛍 Get enough sleep. This will keep your energy up and help with those "down" feelings.
- 🖼 Have a support person to turn to when you're having a difficult time.
- Renew your resolve daily. Remind yourself of what you are achieving and why. Reward yourself with positive feelings about yourself.

# Vampire bat bite packs potent clot-busting potential

A potent clot-husting sub-stance originally extracted from the saliva of vampire bats may be used up to three times longer after a stroke than the current stroke treatment without increasing the risk for additional brain damage, additional brain damage, according to research reported to the Jan. 9 rapid access issue of Stroke: Journal of the American Heart Association. The vampire but saliva-derived clot buster is called Designed in principle.

Desmodus rotundus salivary plasminogen activator (DSPA) or desmoteplase. DSPA targets or desmoteplase. DSFA targets and destroys fibrin, the struc-tural scaffold of blood clots, easy senior author Robert Medial, senior research fellow at Monash University Department of Medicine at Box Hill Hospital in Victoria, Australia. "When the vampire bat bites its victin, it secretes this powerful clot-dissolving (fibrinolytic) substance so that the victin's bustance to that the victin's blood will keep flowing, allowing blood will keep flowing, allowing

Administration-approved clot buster for treating ischemic stroke is intravenous recombi-Ischemic strokes are caused when a blood clot or series of clots block blood supply to the brain, rt-PA is administered to

both block block supply to the brain. rt-PA is administered to a small percentage of stroke patients because current protocols allow treatment only with three hours of stroke onset. Also, rt-PA has been shown to promote brain cell death in some animal studies. The clot-busting activity of DSPA or rt-PA into the brains of mice, then tracked the survival of brain cells. They discovered that while DSPA zeros in a fibrin, it had no affect on two brain receptors that can promote brain damage, Medealf says. In contrast, rt-PA greatly enhanced the degree of brain cell death following receptor activation and may therefore be

detrimental if it's delivered too

detrimental If it's delivered too long after stroke onset. The highly fibrin-specific activity demonstrated by DSPA may be an important advantage over rt-PA. It is this single-minded clot-busting action that has stroke researchers especially ultrigued because while rt-PA is effective at breaking up and dissolving clots, it must be given quickly - within just three hours of the onset of stroke symptoms. By contrast, Medealf says DSPA could be a safe treatment option for a longer period since it has no detrimental effect on brain cells. The three-hour time window often allows insufficient time for patients to undergo imaging tests to determine that they have a true ischemic stroke before rt-PA can be initiated, he says.
DSPA is being tested up to nine hours after stroke onset in Burope, Asia and Australis. A 128 study could be sein his var.

Europe, Asia and Australia. A U.S. study could begin this year.





