

Rx briefs

Essential tremor

For those who suffer from essential tremor (ET), a debilitating and incurable movement disorder, routine daily activities can become awkward or even unmanageable. Embarrassed by the constant trembling caused by this prevalent disorder, some individuals with ET restrict their social interactions and pass up career opportunities.

Fortunately, there is a support group founded by Orchard Lake resident Shari Finsilver. The meetings are held 7-8:30 p.m. the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road, West Bloomfield. The group has 110 members and draws up to 40 participants ranging in age from 10 to 80 at each meeting.

For more information about ET, research, support groups or to join the International Essential Tremor Foundation, call toll-free (888) 387-3667 or visit www.essentialtremor.org. Contact Shari Finsilver at (248) 683-4138. (See article on Essential Tremor in the Feb. 9 edition of the Observer & Eccentric.)

Managed care

The University of Michigan Medical School's Forum on Health Policy will host "Can Managed Care Survive Today's Challenges?", a symposium that explores the current challenges to managed-care medical insurance, and the prospects for the system's survival in the face of rapidly rising medical costs, employer and employee resistance to premium increases, and federal and state policy changes.

The symposium, which will take place noon to 2:30 p.m. Friday, March 21, in the Ford Amphitheater, U-M Hospital, will feature Michigan Department of Community Health director Janet Olszewski, M-CARE director Zeldy Geyer-Sylvia, and medical economics and health-care delivery experts from the U-M and beyond. The event is free and open to the public. For more information, call 734-615-8334 or e-mail renyas@umich.edu.

St. Mary Mercy

St. Mary Mercy Hospital, Livonia, received recognition from the American Heart Association for creating the Heart Safe Livonia Coalition. The hospital was honored Feb. 4 at the Detroit Athletic Club with the American HeartSaver Award.

Heart Safe Livonia is an organization that provides public awareness and serves as consultants for automated electronic defibrillators in businesses. Under the direction of Ginger Ramsay, RN, Community Outreach at St. Mary Mercy Hospital, Heart Safe Livonia has been instrumental in placing defibrillators in a number of Livonia organizations since its inception in 2000.

Stop smoking

Dr. Arthur Weaver is conducting a Stop Smoking program, 7:30 p.m. Thursday, Feb. 20, 7:30 p.m. Monday, Feb. 24, 7:30 p.m. Wednesday, Feb. 26, 7:30 p.m. Monday, March 3 at Canton High School. No charge, by donation, call (734) 416-2937 to register and for more information. Dr. Weaver, emeritus professor of surgery at Wayne State University, has offered hundreds of smoking cessation programs for the past 30 years.

ISHA yoga

Master explains how program brings harmony to mind, body

BY LAURA COVINO
CORRESPONDENT

Isha yoga is a simple, yet powerful tool for preventative health and has helped thousands find relief from asthma, obesity, hypertension, sinusitis, migraine, arthritis, and other chronic ailments. So says the program's developer Sadhguru Jaggi Vasudev, who recently spoke to a standing-room-only crowd in the auditorium of St. Mary Mercy Hospital in Livonia.

Originally from South India, Sadhguru is known as a realized master, mystic and yogi, and has developed a following both in the United States and internationally.

Representatives from the local medical community attended the event at St. Mary Mercy. Several had personal experience with the program, and were willing to endorse it.

"As a physician, I see a lot of scientific advancements," said Dr. Kalpana H. Rajdev, a family practitioner with Henry Ford Hospital. "But we've developed an over-reliance on medication today. I've seen for myself that these practices work. Even just 15 minutes of meditation a day will lower blood pressure."

The program employs ancient yogic principles and involves meditation, simple yoga postures, and breathing techniques. Unlike more demanding forms of yoga, no physical agility is required. The practice can be done while sitting in a chair.

"People have the misconception that yoga will require hard work, or they will have to change the way they live," said Rajdev, "but that's just not true. It is very simple."

ENERGY ENHANCED

Now a volunteer with the non-profit Isha Foundation, Rajdev says she recommends Isha yoga to her patients, but also finds time every day to do the practices herself.

"I have a lot more energy than I used to," she said, "and I'm happier. I'm having fun every day."

The program is also said to enhance memory, concentration and decision-making capacity.

Dr. Dorrie Rosenblatt, a retired geriatric physician from the University of Michigan, also attended the event. Rosenblatt was once unable to walk more than 150 feet and qualified for a handicapped-parking permit due to a heart ailment that required three surgeries. At night she slept attached to a breathing machine.

Her health was so poor that she considered herself a "cardiac cripple."

But Sadhguru and Isha yoga, she claims, changed her life. After engaging in the practices prescribed by Sadhguru for only a few months, Rosenblatt was able to go along on a trip with the Isha Foundation. The group embarked on an 80k Himalayan trek at an elevation of 16,000 feet.

"It wasn't easy, but I did it," Rosenblatt said. "I'm not cured, and I still see my cardiologist regularly. But I no longer consider myself a cardiac cripple. The whole quality of my life has improved."

Respected and honored for her work in the medical community, Rosenblatt is currently working on research to document the effects of Isha yoga.

"Even as a physician, I don't yet understand it," she said, "but I tell you, it really happens."

MIND AND SPIRIT

Isha yoga, said Sadhguru, is not a miracle cure. Rather, it is a holistic approach to health through personal exploration and awareness.



Sadhguru Jaggi Vasudev meets with people after his talk at St. Mary Mercy Hospital.



An attentive audience listens to Sadhguru Jaggi Vasudev explain his approach to yoga at St. Mary Mercy Hospital in Livonia.



Kama Patel of Northville asks questions about Isha yoga.

SEVEN-DAY INTENSIVE WITH SADDHURU

Cost: \$200

April 30-May 6, 2003

6:15-9:30 p.m. weekdays

8 a.m. to 6 p.m. on Saturday and Sunday

Ages 15 and older

Where: Finnish Cultural Center

35200 W. Eight Mile

Farmington Hills, MI 48335

Contact an Isha volunteer at:

(248) 478-4786 or (313) 882-5683 or (734) 665-4186

Web site: www.ishafoundation.org

PLEASE SEE YOGA, C7

Live birth to be broadcast from Hutzel

On Monday, Feb. 17, Discovery Health Channel will broadcast live the labor, delivery and birth of babies from three medical centers across the country, including Hutzel Women's Hospital in Detroit.

"Birth Day Live!, a 10-hour televised marathon of the birth of life's greatest joys — the birth of a child."

"Birth Day Live!" premieres Monday, Feb. 17, and will air from 4 p.m. to 2 a.m. Developed in partnership with the March of Dimes, the event will follow patients, doctors, and nurses at Detroit's

Hutzel Women's Hospital, Florida Hospital in Orlando, and Maricopa Medical Center in Phoenix.

Award-winning journalist and author Mary Alice Williams will anchor the event from Florida Hospital. Throughout the broadcast, she will interview medical experts and will be joined by correspondents stationed at each hospital. Dr. Steve Salvatore, Discovery Health medical correspondent and host of Discovery Health's "Super Surgery" series, will report live from Hutzel Women's Hospital with updates and interviews

with the families, doctors and nurses involved in the deliveries being filmed that day.

"Birth Day Live!" takes viewers behind the birth statistic of nearly 12,000 babies born daily in the United States and presents parents and parents-to-be with a rare, televised look at the hard work and split second decisions it can take to birth a baby. The event will also examine the emotional and educational resources available to parents who may suddenly face the difficulties of a premature birth.

"Birth Day Live!" is designed to focus

attention on the issues surrounding a healthy birth and the growing incidence of premature births in the United States, estimated by March of Dimes to be 476,250 last year, an increase of 27 percent since the 1980s. According to March of Dimes, nearly 80 percent of premature births have no known cause.

Deliveries of all kinds, from Cesarean sections and natural childbirth to premature and high-risk, will be chronicled in "Birth Day Live!" The 10-hour live event will

PLEASE SEE BIRTH, C8