

## RACE

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days or visit the New Balance Troy or Farmington Hills stores to receive a manual entry form.

The Race Expo will be held 8:00 a.m. to 8:30 p.m. Friday, June 20, at the Southfield Pavilion in the Municipal Complex, 26000 Evergreen (at 10 Mile), Southfield. The Expo is the last chance to register for the race. The Komen Detroit Race for the Cure, presented locally by the Barbara Ann Karmanos Cancer Institute, is Michigan's largest foot race and one of the top 15 races of more than 100 in the United States and internationally. The race raises funds to support local breast cancer screening, education and treatment programs as well as national research. The 2002 Race for the Cure brought 25,000 people to Detroit's midtown area and raised \$925,000.

## DEPRESSION

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emergency rooms for somatic complaints.

Unfortunately, these complaints can skew a patient's relationship with his or her primary care physician, said Sack. "They may see their primary care doctor as a quack. In turn, the primary care doctor doesn't perceive it (the complaint) as a psychiatric ailment."

## FAMILY MEMBERS

Family members need to know that most likely the elderly will not seek help, said Rusa. But they will display passive symptoms of depression. They may stop taking medicines for heart problems, diabetes and high blood pressure; stop going to the doctor; and start giving

away things. In addition, if they never had a will before, they may insist on making one.

Family members also need to be aware of substance abuse, said Rusa.

"Everybody seems to push off the fact that an 80-year-old could use heroin or speed ... When they say they have one highball a day the question is, 'How big is the glass?'"

Other elderly patients may insist that their habit of taking sleeping pills for the last 40 years - or chronic use of pain killers or minor tranquilizers - is not harmful. Wrong, said Rusa. Such medication "can cause substance-induced depression."

Although not always a factor, living in isolation, especially if compounded by lack of social stimulation, can contribute to depression. A dulling of the senses - not being able to hear or see - can compound the condition.

"They may misperceive a sound," said Sack. "Leaves rubbing against glass may sound like someone trying to break in."

## HOPE

"Mental illness in the elderly is treatable and can be helped," said Rusa, adding that there are two components in helping the elderly heal: physicians and families.

Because most patients are unable to recognize they need mental health treatment, two-thirds of the patients in Botoford's Geropsychiatry Unit are admitted on an involuntary basis. The program loses people because family members are hesitant to commit a loved one, said Rusa.

"Images from the movie *A Beautiful Mind* are strong. People envision strait-jackets, cold sheets, shock treatments. Oh, gosh, this just set us back 40 years."

Involuntarily committing an elderly patient requires that a family member fill out a petition. Two physicians, one a psychiatrist, must sign a certificate. In addition, a court-appointed attorney and a psychiatrist are involved in the process.

Confidentiality is of prime importance in overseeing the unit, says Sack. A patient's privacy is well-guarded.

"Someone can't call and find out if a person is a patient." The average stay in the Geropsychiatry Unit is 11 days. The goal of the treatment team - nurses, therapist, social workers, psychiatrists and medical specialty doctors if necessary - is to reintegrate patients into society at their highest possible level of functioning. Aftercare plans help patients maintain progress made in the hospital.

Sack, Rusa and Plummer cannot understand the pub-

lic's tendency not to view mental illness on par with physical illness, especially since statistics indicate one in five persons will suffer some psychiatric disorder in his or her lifetime.

"It requires medical and biomedical treatment," says Sack. "People who have received treatment are the best spokespersons. We can't reach the public like someone who has come out of treatment and tells others about it."

Patients may be admitted to the Geropsychiatry Unit 24 hours a day. Referrals come from physicians, psychologists, social workers, other mental health professionals, social service agencies, clergy, family members or friends. However, the unit's psychiatrists make admission decisions. For more information, contact the unit's intake staff at (248) 471-8723.

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## Tour de Cure benefits diabetes group

The Michigan office of the American Diabetes Association is seeking local cyclists to participate in the 2003 Tour de Cure, an annual national cycling event to raise awareness and funds for diabetes, the nation's sixth leading cause of death.

Funds raised will support research and programs that will improve the lives of people affected by Type 1 and Type 2 diabetes, including the over 700,000 adults and 6,200 children living in Michigan.

"Many people will partici-

pate in Tour de Cure for the camaraderie and cycling challenge. But the real awareness comes in knowing that every mile they ride and every dollar they raise brings us that much closer to a cure for this disease," said Andrea Maddox, American Diabetes Association executive director in Michigan.

Tour de Cure will be held June 22 at Island Lake Recreation Area in Brighton. The event features a variety of routes for families and amateur cyclists. The ADA expects

1,000 participants and volunteers. To register for the tour, please contact the American Diabetes Association at (888) 342-2363 or visit their Web site at [www.diabetes.org/tour](http://www.diabetes.org/tour).

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the ADA is a community-based organization that provides services in over 800 communities across the country.

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