🖼 New walking club

Studies have shown that walking provides great overall cardiovascular filmess, reduces the risk of cancer and teral levels, lowers blood pressure, reduces the risk of pressure, reduces the risk of arthrilis and osteoprosis, and helps allevade stress and depression. St. Mary Mercy Hospital and Westfand Mall have partnered to start the westland Walkers Program, a walking club to help keep people in good nation. The walking program are encouraged to complete a registration card at the Customer Service booth located in the East Court of Westland Mall. St.

East Court of Westland Malt. St. Mary Mercy Hospital will also Mary Mercy Hospital will also offer community lectures and health screenings such as blood pressure checks, Call (734) 655-8940, or visit the www.stmarymercy.org or www.westlandcenter.com.

VA Vascular screening

The University of Michigan Health System will conduct a free screening for people at risk for vascular diseases. serious non-cardiac condi-tions of the blood vessels tions of the blood vessels that affect nearly eight mil-lion Americans. The noninva-sive screening will take place 8 a.m. to 2:30 p.m. Saturday, May FF, at the U-M Hospital in the Diagnostic Vascular Unit, room 28242.

room 28242.
People 60 years old with a history of hypertension, diabetes, smoking, high cholesterol or known cardiovascular disease are invited to make an appointment for the screening by calling (800) 742-2200, ext. 6350.
With adequate screening:
The risk for disabling strokes and heart altarket.

strokes and heart attacks

RE Fewer people will be at

risk to lose a leg
There is less chance ■ There is less chance that a person will experience the rupture of an undiagnosed abdominal aortic aneurysm. The program is sponsored by the American Vascular Association, a public health advocacy organization, and by the U-M Section of Vascular Surgery.

Golf classic

Mercy Hospital Golf Classic will be held Friday, June 20, at Cattalis Golf Club in South Lyon. Proceeds from the event are designated for the new Cancer Center at St. Mary Mercy Hospita).

and somitimental breashast will be available for morning ordiers. The atternoon round of got will be followed: a state of the cockalis and hors of occurred. Non-gotfers can attend the event for function and cockalis only for 500. DalmierChrysler is the event sponsor, and Contor CMS is the Clubbouse sponsor. Corporate sponsors ships are still available. The outling fills up quickly, so please call early.
Call the St. Mary Hospilal foundation at (734) 655-559

Foundation at (734) 655-1580 before May 31. For more information, please visit www.stmarymercy.org.





"But I never liked myself at that weight," said the Detroit said the Detroit
Country Day art
teacher. I wasn't
happy with myself and
my health was being
affected by the excess
pounds. My knees and feet
hurt; my cholesterol was
high, and I experienced
swelling, which triggered carpal
tunnel in my hands. I needed to
do something.

Denese Gilmer, 48, of Canton
felt the same way three years ago.
For years, site, too, tried just about
everything to lose weight.

"Id Join some program and loce
23 pounds. Then I'd gain back 30
pounds. Nothing ever worked, said
the self-proclaimed emotional close
cater. "My father was in the military
and the family moved often. I coped
with the moves by eating.

When the Memphis, Tenn., native
got married, she hoped her traveling
days were in the past. This wasn't
meant to be for the mother of two.
Her husbands position required
him to travel often, as well as
relocate to Michigan 18 years
ago, it was back to emotional eating both in and
out of the closet.

Her biggest weight gain
100 pounds – came the first
three years she was in Michigan. Country Day art teacher. "I wasn't

PIEKE SIE SUEGERY, CT

It's time to get out the clubs and hit the course, and for a good cause.

The eighth annual \$1. Mary

be two shot-gun starts: 7-30 am and 120 pm. Mon-spon-sorship opil is \$200 per person for 18 holes of qolf and a cart (scramble format). Beverages, lunch, a qolfer's pack and door prizes are nactuded. A continental breakfast will be available for morning

t almost sounds too easy, but your body weight is one of the simplest and most important measures of your health. Studies during the past several decades have clearly shown that people who have a normal body weight are healthier than those who are heavier.

BY SANDRA DALKA-PRYSBY CORRESPONDENT

EDUSTRATION

We'd like you to join us for dinner."

The invitation came from a member of undergone barriaries surger.

Great, I thought. There would be a lot of food for me. (Barriaries surger).

Great, I thought There would be a lot of food for me. (Barriaries surgieal procedures primarily reduce the size of the patient's stomach, thereby greatly restricting the amount of food that can be consumed.)

A good appetite and curiosity about this weight-loss option resulted in meeting a group of women, all with big smiles and of various ages and eizes. All said they are thrilled that bariatrie surgery was available for them, 'because this was the only thing that has worked for us.'

Bariatrie surgery, which reduces the size of

has worked for us."

Institute surgery, which reduces the size of the stomach and intestine, is recognized by the National Institutes of Health as a treatment for safe, successful, long-term weight loss for the morbidly obese - those 100 or more pounds over their titeal weight. This is a growing elective procedure and more than 65,000 individuals in the United States chose this option for weight loss in 2002. This number is expected to double in the coming years.

Penclope Avesian, 56, of Bloomfield Hills underwent bariatric surgery in June 2000, and is one of the slimmest members of the support group. The 5-foot, 5-inch tall wife and mother of three now stays in the 125-130-yound weight runge, a far cry from her high of

pound weight times, ... 262 pounds. "I had tried everything – every diet, every

weight are healthier than those who are heavier.

A key step to determining if you are overweight is to calculate your body mass index, or BMI. Probably the casiest way to calculate your BMI is to go online and use a BMI calculator such as the one at http://www.cdc.gov/nccdphp/dn



pa/bmi/calcomil.htm.
Or, compute it yourself using the metric system. Multiply your height in incher by 0.025 to find your height in meters. The multiply your weight in highest by 0.45 to calculate your weight in kilograms. For example, if you welph 100 pounds and are 6 feet? inches tall (which is 67 inches), here are



your metric equivalents: 150 pounds x 0.45 = 68 kilograms 67 inches x 0.025 = 1.7 meters

Next, multiply your height in meters times itself. Then, to find your BMI, divide your weight in kilograms by the answer.

1.7 x 1.7 = 2.89 68 / 2.89 = 24 (your BM1)

Other ways to find your BMI are to use wall charts of pocket calculation wheels, which may be available from your docton. A BMI of less than 25 is considered normal. You should strive to be at or lower than this mark. A BMI from 25-30 indicates overweight and a BMI of greater than 30 indicates obesity. As it turns out, about 65 percent of Michigan residents howed as BMI of greater than 25. In fact, recent studied have found

that 23 percent of our residents have a BMI of more than 30, which is cleasly related to solverse health effects. Two of the solverse health effects related to a high BMI are type 2 diabetes (formerly called adult-onest diabetes) and prediabetes. In fact, if your BMI is greater than 30, you have a greater than 50, por have a greater than 60, possible to the solverse than 60 percent chance of having pre-diabetes, or metabolic syndrome, and a 30-percent chance of having type 2 diabetes. Many people have pre-

FREATE STE MODER, CT

It's very simple to measure your body mass index

We want you to JOIN THE FITNESS CLUB

Also, we want to report on your weight loss and

exercise success. Send your story and picture to Renee Skoglund, Health and Fitness, the

program, even pills – to lose weight and nothing worked in the long run," site said, "My most difficult and expensive effort, which I undertook 15 years ago, required me to primarily exist on a liquid diet."

After eight months, Avesian weighed 130 pounds, but site soon regained 60 pounds despite being diffigent in her weight-loss efforts. "I was miserable. All that work for nothing."

nothing."

Avesian decided to accept herself just as she

Observer & Eccentric, 36251 Schoolcraft, Livonia, MI 48150. Contact her at (734) 953-2128;

fax (734) 591-7279; e-mail

rskoglund@oe.homecomm.net.

join us in reaching

your own success in

etting healthy and know how you

are doing or, if you need help, e-mail Sandra Dalka-Prysby, an American Council on Exercise-certified Lifestyle and Weight Management consultant, with your questions and concerns at sdprysby@holmail.com.