

Bone marrow forum brings together experts, survivors

BY KIMBERLY HORTON
STAFF WRITER

The National Bone Marrow Transplant Link is sponsoring their eighth annual "Ask the Experts" educational forum for pre- and post bone marrow transplant patients and their families Saturday, June 21, in Livonia.

Retired teacher and BMT survivor Marlin Murphy says she wishes she had the opportunity to attend a program of this nature prior to her transplant 11 years ago. The Livonia resident was diagnosed in 1988 with chronic myelomonocytic leukemia and underwent the transplant in Seattle in 1992.

The 61-year-old says it took more than a year, as it does for most BMT survivors, to "regain" her strength and start to feel healthy again. Today she is the chairperson for the forum of which she has been a participant and volunteer coordinator for the last decade.

"The forum brings together many notable physicians from this area who are experts in the field of bone marrow transplants," said Murphy. "They'll be providing the most up-to-date information on transplants and people will have opportunity to ask questions in an informal setting and receive lots of handouts."

Registration for the free forum begins at 9:30 a.m. at the Livonia Civic Center Library. Organizers planned

the event for individuals facing the challenge of a bone marrow/stem cell transplant. If you are currently coping with transplant issues, are serving as a caregiver or are a health care professional.

"This program is an invaluable opportunity to talk to people with first-hand experience in all phases of BMT. Physicians, nurses and other health care specialists, as well as BMT survivors and caregivers will share their insights and knowledge about this procedure so you gain a better understanding of its physical, emotional and psychological impact," stated forum sponsors.

ON THE AGENDA

nbmtLink Executive Director Myra Jacobs will perform the welcome and introduction followed by keynotes by BMT survivor and musician Stewart Franke.

The morning session begins at 10 a.m. with concurrent sessions about the medical perspectives before, during and after transplant include:

- Autologous Transplant (patient as donor) by Dr. Adil Akhtar of the Barbara Ann Karmanos Cancer Institute and an attending physician from Oakwood Hospital and Mary Jane Frey, RN and BMT coordinator, Barbara Ann Karmanos Cancer Institute.
- Allogeneic Transplant (related or unrelated donor) by

Dr. Joseph Uberti, Ph.D., Clinical director of Adult BMT Program University of Michigan Comprehensive Cancer Center and Margaret Flowers, RN, Clinical Coordinator, BMT, Karmanos Cancer Institute.

During the complimentary lunch you can dine with the experts including transplant survivors, BMT physicians, coordinators, caregivers and other resource people or you can view the video "The New Normal: Life After Bone Marrow/Stem Cell Transplant" and interact with some of the families featured in the video including Murphy. The film, produced by Sue Marx Films Inc., features the remarkable story of six transplant survivors. The video was written by the General Motors Corp.

SECOND SESSION

The afternoon session resumes at 1:15 p.m. titled "Caregivers 101: Practical Perspectives for Caregivers." According to Murphy, the role of the caregiver will be the focus of discussion including the responsibilities, concerns and anxieties they face.

"The role is so demanding," said Murphy. "Their duties are so great and even more critical now that hospitals are releasing patients quicker than they had."

The interactive panel

includes Barbara Ann Perry, BMT social worker University of Michigan Comprehensive Cancer Center, Melanie Goldish, mother of BMT survivor and executive director of SuperBilal; Kristel Ray, nurse practitioner Henry Ford Health System; Laura Schmidt, BMT social worker DeWitt Children's Hospital; Lynette and Macklin Smith, caregiver and BMT survivor; and Renee Williamson, oncology case manager Blue Care Network.

Founded in 1992, The National Bone Marrow Transplant Link is a non-profit organization dedicated to helping patients, as well as their caregivers, families and the health care community meet the most challenges of bone marrow/stem cell transplant by providing vital information and support services.

To register for the Saturday, June 21 forum call (800) NBMT-BMT (800-546-2626) or (248) 358-1885 or e-mail nbmtlink@aol.com. You will need to provide your name, phone number and number of people attending. Lunch will be available only to pre-registered participants. CEU nursing credits are available and all attendees will receive the new "Caregivers' Guide book."

The Livonia Civic Center Library is at 32771 Five Mile Road (east of Farmington) in Livonia.

BAUMANN

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of the body. Omega-3 fat can speed recovery from cancer surgery. In a 1995 study, cancer patients received omega-3 supplements after gastrointestinal surgery. Compared to the control group, they had 50 percent less postoperative infections and fewer digestive problems. These fats also appear to prevent the wasting syndrome that occurs in cancer patients. An English study showed that cancer patients given omega-3 fats for three months gained an average of one-half pound per month, compared to losing 6½ pounds per month prior to supplementation.

Omega-3 fats are the building blocks of anti-inflammatory chemicals in the body, whereas the omega-6 fats are used to make inflammatory chemicals. Thus, omega-3 fats can ease the stiffness, pain and fatigue of arthritis.

In a 1995 study, arthritis patients were given omega-3 supplements, along with prescription anti-inflammatory medications. After a few months, placebo replaced the prescription drugs. Many patients were able to stay off prescription drugs without a flareup of arthritis symptoms.

Because of their anti-inflammatory effects, omega-3 fats can help digestive disease. For example, Chron's patients given fish-oil supplements maintained a symptom remission rate of 59 percent at the

end of a year compared to 26 percent remission in a control group given placebo. In a study on ulcerative colitis, patients receiving omega-3 fat supplements decreased their steroid medication by half, while a control group receiving placebo had to increase medication.

All About Omega-3 Oils by Clara Felix recommends four to eight grams of omega-3 fat daily. Common sources include: 3.5 oz (½ cup) salmon, tuna, sardines, herring, mackerel, trout, whitefish 1.0 g; 3.5 oz lamb, 0.5 g; 12 walnuts, 2.0 g; 1 T ground flaxseed, 2.0 g; 1 cup cooked dry beans, 0.7 g; 1 T flaxseed oil, 7.0 g; 1 T canola oil, 1.5 g; 1 T walnut oil 1.2 g; ½ cup raw spinach, 0.9 g.

Do not take more than 3 T ground flaxseed per day, as it will interfere with thyroid function. Other omega-3 food sources include Brazil nuts, green leafy vegetables, omega-3 enriched eggs (found in local stores), wheat germ, regular (not instant) oatmeal and fish oil capsules.

Sandy Baumann is teaching a class about food, beverages and memory, "Help Me Find My Memory," from 9 a.m. to noon June 4, 11 and 18 at Schoolcraft College. Cost is \$71 a person. To register, call (734) 462-4448 for a catalog.

Sandy Baumann has a master of science in biochemistry and is the author of *Feed the Brain for Learning*. She has served as a college biochemistry instructor, a health editor, and a director of senior health promotion at a local hospital. You may write her at emeringfree2000@yahoo.com.

MEDICAL DATEBOOK

Infertility

Learn about the latest treatments for infertility including in vitro fertilization, intracytoplasmic sperm injection and Zygote Transfer. 7-9 p.m. Monday, June 2, at Beaumont Hospital, Administration Building, first floor auditorium, 3600 W. Thirteen Mile Road, Royal Oak, MI (248) 551-0515. Hosted by Beaumont's Center for Fertility and Reproductive Endocrinology.

Anorexia/Bulimia

A support group led by recovering or recovered anorexia and/or bulimics to discuss strategies for recovery and to share treatment resources. Mondays June 2, 9, 16, 23 and 30 from 7-8:30 p.m. Beaumont Hospital 10th floor classrooms A & B. Call (248) 551-9790.

Women's Legacy Luncheon

The American Heart Association's Women's Legacy Luncheon is an opportunity for women

to learn about their greatest health risk - heart disease. The program is slated to begin 9:30 a.m. June 3 at the Six-Catillon in Dearborn. Educational workshops and guest speaker Dr. Pamela Peeke will address topics relating to heart disease. For information or tickets call Norrena Wilson (248) 827-4214 of the American Heart Association.

Prostate Cancer

A prostate cancer support group for men with prostate cancer and their families. June 3 from 7-9 p.m. Beaumont Hospital. Call (248) 551-6692.

Laugh 'Til Your Sides Hurt

Hoot, holler, snicker, and giggle with Mike Williams, Michigan's only certified laughter therapist, and regain your ability to be playful. You will learn the difference between humor and laughter, trace the history of laughter, and discover the therapeutic advantages of hearty

laughter. Meanwhile, you will leave this upbeat workshop refreshed with both new energy and a renewed ability to laugh heartily, like you did as a child. Center for Lifelong Learning, Tuesday, June 3 at Henry Ford Community College, 22586 Ann Arbor Trail (at Warren). Dearborn Heights. 6:30 - 7:40 p.m. Cost: \$15. Nurses may register for nursing contact hours at an additional fee. To register, call (313) 317-1500.

Smoking cessation

Oakwood Hospital and Medical Center will hold a two hour seminar June 4 from 6:30-8:30 p.m. which combines hypnosis and behavior modification to help you stop smoking without gaining weight. This approach also minimizes withdrawal symptoms. The first 45 minutes of each session is free and if the participant feels comfortable with the program, can pay a one-time \$59 fee which includes the hypnosis session,

behavior modification booklet, home reinforcement audiocassette and unlimited free repetitions of the seminar. Oakwood Hospital and Medical Center, 18101 Oakwood Boulevard, main entrance Kalman Auditorium. No reservations required. Call (800) 840-2822.

Breast cancer risk

Sharing and Caring a breast cancer education and support program will offer a discussion titled "Realistic View of Breast Cancer Risk." June 5 with guest speaker Clara Notlage-Adams, RN of the Beaumont Clinical Trials. Call (248) 551-8588 for information. Program runs from 7-9 p.m. In the first floor conference room of the Beaumont Cancer Center in Royal Oak.

Heart Disease

Helping Hearts is a cardiac support group for family members of heart patients. Thursdays June 5, 12, 19 and 26 from 3-4 p.m. Beaumont


Heart Center (first floor conference room). Call Dawn Rutledge (248) 551-6551.

Thyroid support

The Michigan Thyroid Support Group Meeting will begin 6:30 p.m. June 9 with speaker Dr. Kabisch starting at 7:00. The meeting will be held at the Plymouth Library 223 S. Main St. For more information about our support group please contact Tracy Green at (734) 453-7945 or email at mthyroid@yahoo.com

Cancer loss

The U-M Comprehensive Cancer Center's Grief and Loss Program will offer "Coping Through Transitions," a support group for adults who have lost a loved one to cancer, 6:30-8 p.m. Wednesdays, through June 11. The group is held at the Nichols Arboretum's James D. Reader, Jr. Urban Environmental Education Center in Ann Arbor. Free. Register by May 1. Call (734) 615-4002.



Livonia Great Race Events
Public Invited
June 18th & 19th
Starting at 9:00 a.m., and continuing throughout the day
Great Race Registration and Technical Inspections
at the Holiday Inn, Six Mile Road and I-275

June 18th
Roush Collection Open House, 11851 Market St., Livonia 5:30 p.m. - dark.
Detroit Symphony Orchestra 8:00 p.m. steps of City Hall.

June 20th
Great Race Trophy Run, from Livonia Holiday Inn
to Michigan International Speedway to Livonia City Hall.
Cars will leave the Holiday Inn beginning at 8:00 p.m.
and return to City Hall beginning at 3:45 p.m.

June 21th - RACE DAY!!
Join us early... Great Race Cars begin arriving at 9:00 a.m.
Livonia Community Recreation Center, on the corner of Five
Mile and Hubbard Roads. Opening Ceremonies at noon.
See the cars from the movie, "The Great Race", starring
Jack Lemmon, Tony Curtis & Natalie Wood.
Official race start time 12:30 p.m. Displays of Competitor's
Vintage Race Cars and our own Local Cars, featuring classic
cars & trucks, street rods, customs, sports cars and more!
The judged local show runs from 9:00 a.m. - 3:00 p.m.

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