

Women can overcome menopause symptoms

By ROSE WEBER

Without warning her face flushes a deep red. When she finally gets to sleep at night she may awaken drenched in sweat.

Tired of feeling irritable and depressed and of having sudden crying spells, she visits her doctor and is given a prescription for tranquilizers which do not help.

Another woman misses a menstrual period after years of on-the-dot regularity. Only 45 years old, her first thought is of pregnancy.

"BUT WHEN I called my obstetrician he told me snappily that he couldn't run a test after just one missed period," the woman said.

She was angry with her doctor's lack of sympathy with her panicky desire to avoid having a baby at her stage in life.

Both women are suffering classic symptoms of menopause. And because they are more medically oriented, they seek help.

DR. HELEN YAPCHAI, an obstetrician-gynecologist with offices in Rochester, said a woman doctor may have a better insight into the problems of menopause than a male doctor.

"It is like telling someone what it is like to have a baby. How can you until you have one yourself?" she asked.

Dr. Yachai said all the books she read during her training did not provide the same knowledge as having her own baby.

"We used to not give the hormone after endometrium (uterine) cancer, but with careful supervision we do now," he said.

But he added that tranquilizers and even small doses of the male hormone also can be beneficial.

DR. YAPCHAI said there were, in some women, purely psychological symptoms.

"It helps for the woman to be busy so she doesn't sit around and think about her problems. But there is a definite place for hormone therapy," Dr. Yachai said.

One Birmingham doctor said 40 years of practice had shown him that menopause diagnosis can be a dumping ground. He advises thorough examination and follow-up care.

"WE DO A screening blood test on the patients to tell us the condition of their body," Dr. Karalian said. "That is important because diabetes, hypertension and arteriosclerosis show up at this time."


Dr. Yachai said research has proved that menopausal women lose the immunity provided by estrogen and are subject to heart attacks and strokes.

All three doctors agreed indiscriminate prescription of estrogen is wrong and women should not ask for it to prevent visual signs of aging.

Menopause can be a trying time for women over 45, doctors agreed, but with proper care women can weather it with a minimum of problems.

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SUMMARY OF PROCEEDINGS FARMINGTON HILLS CITY COUNCIL REGULAR MEETING February 25, 1974

The Council of the City of Farmington Hills convened at a regular meeting on the 25th day of February, 1974, in Farmington Hills City Hall. Present were Robert McConnell, Chairman, Council Members Keith Deacon, Joan Dudley, Frederick Lichtman, Earl Oppenheimer, William Ortmann, and Margaret Schaeffer.

Resolution C-60 establishing special assessment roll for sanitary sewer in the amount of \$47,600, Supervisor's Middlebelt & Ten Mile Road Plat No. 2 (Geraldine Street) was confirmed and adopted.

The Council declared the necessity for construction of sanitary sewer in Krave's Grand River Heights Subdivision, to be located in Parker Street from Eight Mile to approximately 300' North of Tullman Street.

The Council declared the necessity for the paving of an alley between Thirteen Mile and Bond Street, East of Orchard Lake Road, abutting Lots 1-6 inclusive of Glen Oaks Subdivision. The Assessor was directed to prepare the assessment roll, limiting the assessment to the commercial properties abutting the alley.

At petitioner's request, the hearing for Rezoning Amendment C-62-4, requesting rezoning of property on the North side of Grand River between I-96 and Hathaway, was adjourned.

A hearing was conducted to show cause on the necessity for demolition of unsafe buildings at 28916-28918 Orchard Lake Road. In accordance with the Unsafe Building Ordinance No. 32, the Council authorized the demolition proceedings.

The resignation of Mr. Douglas Mann from the Planning Commission and the Zoning Board of Appeals was accepted with regret. The Chairman noted that the community has lost a dedicated servant who contributed so generously to the formative years of the City.

Mr. Ben Marks submitted his resignation from the Builders Board of Appeals with his recommendation that the Board's usefulness is questionable and now outdated. Permit was granted to Our Lady of Mercy High School for its Spring Festival, May 3 to May 5, 1974, and provisions made for traffic control.

Resolution was offered commending the Oakland County Road Commission for the significant improvement in traffic control at the Orchard Lake and Twelve Mile intersection.

Mr. Joe Kilmer submitted the Ad Hoc United Fund Committee report advocating continued participation in the Detroit area United Fund and recommending formation of a standing committee to coordinate the city's fund-raising activities.

The Policy was formulated for the financing of storm water drainage districts by the various taxation method. Resolution was adopted to establish a special assessment district for the intra-county drain for the Southeast Drainage District.

Ordinance No. C-64, Basic Building Code, incorporating the changes recommended in the updated BOCA Supplement, was adopted.

The Council deferred action on the organization to consolidate youth-related reports pending receipt of legal opinion.

Resolutions were adopted in connection with the Farmington Water Supply System involving Oakland County and Farmington Township Water Agreements.

The City approved the Planned Residential Development agreement with the Sharon Company for Green Hill Commons.

A garbage and rubbish license was issued to J. & S. Service Systems.

Approval of a dance permit was granted to the P.M.P. Corporation (Roman Terrace) in collaboration with 1973 Class C License, 2782 Orchard Lake Road.

A pay-back agreement for sanitary sewer extension under Ordinance No. 45 for Melvin M. Kahan to service lots 60 to 63 inclusive, Supervisors Eight Mile Grand River Acres No. 1, was approved.

A resolution authorizing water supply service to Farmington Hills residents on Inster Road from the City of Southfield was adopted.

Public Hearings were held March 18, 1974, in the following matters:

ORDINANCE C-62-1, property on the West side of Orchard Lake Road between Thirteen and Fourteen Miles, Rezoning Request No. 7-2-73 from RA-1 to B-2.

VACATION of portion of Stocker Drive and Cadillac Drive in Fleming's Roseland Park Subdivision, Section 33.

NECESSITY hearing on water main installation in Heather Hills Subdivision.

Mr. Edwin O. Dobson was appointed to the Zoning Board of Appeals to fill the unexpired term of Mr. Douglas Mann. Council also voted to increase the Zoning Board of Appeals to six members.

Contract for the purchase of hose washers for the Fire Department was awarded to Circle Air Corporation of Detroit in the amount of \$4,873.00.

Prepared by: FLOYD A. CAIRNS, City Clerk
Approved by: ROBERT A. MCCONNELL, Mayor

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Luncheon-fashions for university women

"Circling the Globe with Fashion," the annual benefit sponsored by the Birmingham Branch of the American Association of University Women will be held Thursday and Friday, March 14 and 15 at 12:30 p.m. at the Kingswood School gymnasium.

A coffee-dessert with a foreign flavor will precede the fashion show.

The Himelhoch stores will provide the fashions with Isabelle Himelhoch as commentator. Models will be members of AAUW.

Proceeds of the show will be used for the National Fellowships program and for local projects.

Mrs. Robert B. McInnis is general chairman and Mrs. Trent Kitley is decorations chairman.

Other committee members are Mrs. Ronald Featherstone, Mrs. Alvin Clark, Mrs. M. Beuker, Mrs. George Beck, Mrs. Jeffrey Higgs and Mrs. Lee Dobbins.

Mrs. Jatta Hamilton and Mrs. Roland Chetter are co-chairman for refreshments.

Past presidents Mrs. William

Cooke, Mrs. Lawton Tabor, and Mrs. H. McFarland will pour coffee.

Tickets may be obtained from Mrs. John C. MacKenzie, 642-2252 or Mrs. Robert Manby, 626-1805. They also may be purchased at the door.

Outstanding youth to be recognized

The League of Jewish Women's Organizations of Metropolitan Detroit will cooperate with the Congregational Youth Commission in honoring outstanding Jewish youth.

The League has honored youth for 28 years.

To be eligible for candidacy students must be high school seniors with a minimum 3.2 scholastic average.

Emphasis will be placed on formal Jewish High School or its equivalent, extra curricular activity, leadership and community service.

After reviewing applications, a panel of judges will interview each candidate.

Awards will be presented on April 21, marking the beginning of American Youth Week.

All applications must be accompanied by three letters of recommendation and should be sent to Youth Awards Co-Chairman, Mrs. Donald Schiller, 18470 New Hampshire, Southfield.

Free Pamphlet

A new HEW pamphlet, "Learning About Depressive Illness," reports that depressive illnesses afflict as many as eight million Americans. The pamphlet describes for the lay reader how a person's reactions to a sad or disappointing experience may persist abnormally, resulting in serious emotional depression. The pamphlet reports that depressive illnesses respond well to treatment, and explains treatment methods used.

Free copies can be obtained by writing to National Institute of Mental Health, Room 15C-17, 5600 Fishers Lane, Rockville, Maryland 20852.

They won at bridge

Pauline Stewart and Shirley Siegel led the north and players in bridge games this week at the Every Wednesday Duplicate Club. They were followed by Toby Mindel and Minnie Salem; Anita Cooke and Evelyn Stevens; and Gordon Harlee and David Schwartz.

In east and west play winners were Bill Lento and Keith Rossner; Dr. and Mrs. Louis Kazdan; Daniel Chupinski and Michael Lubick; and Joanne and Susan Ostrow.

The club meets each week in the Southfield Parks and Recreation Dept. Bldg. in the Civic Center. Guests are welcome but must arrive before 7:45 p.m. to arrange for a table.

NOTICE OF HEARING CITY OF FARMINGTON

TAKE NOTICE THAT the City Council of the City of Farmington, Michigan, proposes to acquire and construct street improvements consisting of 27 Foot Concrete Paving with Integral Roll Curb and Storm Drainage on Lakeway Street from Grand River Avenue to Shiawassee Street.

The City Council further proposes to specially assess a part or all of the cost of said improvements against the following described lots and parcels of land:

27-402-015 through 020 Incl.
27-402-023 and 024
27-402-024 thru 030 Incl.
27-402-040 thru 043 Incl.
27-427-001 thru 023 Incl.

The Council has caused the City Manager to have prepared plans and specifications and an estimate of cost of said improvement, and the same, together with the City Manager's recommendations and findings concerning said improvement, are on file with the City Clerk and are available for public examination.

TAKE FURTHER NOTICE that the City Council will meet at the Council Chambers in the City Hall on Monday, March 18, 1974, at 8:00 p.m. o'clock, for the purpose of bearing all persons affected by said street improvements.

NEDRA VIANE, City Clerk

Published: March 7, 1974

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