## To tan or not to tan

# *Whether under the sun or under artificial rays*

By Loraine McClish
staff writer

A Philadelphia doctor, whose name has been widely spread as advocating a specific type of sun tanning bulb, objects to the use of his name in advertising and asks that the record be set straight.

Dr. Fredrich Urbach, a professor and director of Center for Photobiology at Temple University, was mentioned in an article published by the Farmington Observer in connection with Sun Glo Tanning Center early this year.

It was one mention among so many, the doctor said in a telephone conversation with the Observer. "I can hardly keep up with the calls coming in here asking me about this or that bulb or this or that salon."

**ABOUT** A year ago, Dr. Urbach answered what he termed a routine request to the skin and cancer hospital from a manufacturer to test a given bulb to be used in a tanning salon. He responded by stating in writing that the light sources in question were quite safe for tanning. He considered it a private response to a private request.

"That letter has been Xeroxed so many times that the copy I got sent back to me was undecipherable," Dr. Urbach said.

"I have had calls from the Australian Cancer Society about it. It was distributed to every dermatologist in the state of Wisconsin.

"It has become an albatross around my neck."

When told that the letter was mentioned in the May issue of Gentlemen's Quarterly, he said, "I'm not surprised. I think it's been used by everyone in America who manufactures any kind of tanning equipment."

The dispute between Dr. Urbach and the users of his statement that has gone around the world like a chain letter is in the fact that he was writing about one specific tanning bulb, while there are literally hundreds on the market used in tanning salons today.

**JERRY LARSON**, co-owner and operator of Sun Glo, at 38245 10 Mile Road, received a copy of Dr. Urbach's letter from the bulb manufacturer in question.

She used it in her advertising because it was the same bulb that she uses.

"I was so happy about getting that kind of back-up for my bulbs, I framed it," Mrs. Larson said of the letter.

"I think it is ironic that I should be caught in this kind of controversy when I am the only person I know who is pushing for licensing of tanning salons in the state. I am the only one I know that goes to the lengths we do to keep our clients from sun damage.

"I am almost paranoid on the subject of getting a safe tan for my clients and testing the output of ultraviolet rays that come from the bulbs before I even put them in our booths."

**ULTRAVIOLET** rays are divided into three categories known as UVA, UVB and UVC.

Knowing about these rays and what they do is a matter of letting the buyer beware in the sun tanning marketplace because neither licensing nor certification is required in Michigan for anyone who wants to open a tanning salon.

Ultraviolet A rays activate the color pigmentation and create a tan. B rays increase the color pigments for additional tanning. The C rays are harmful.

In this latitude much of the UVC rays are filtered out by the earth's ozone layer but even the B rays that hit between 11 a.m. and 2 p.m. are culprits that can cause skin damage, severe burns, skin cancer, premature aging or any degenerative changes of the connective tissue.

The bulbs tested by Dr. Urbach and reported on in that long-ago letter contained a primary output of UVA coupled with a very small amount of UVB.

"I don't want my name connected with any commercial enterprise because it is impossible for me to test every bulb known and I cannot measure what every tanning salon in the country is using," Dr. Urbach said.

**A SOURCE** of some irony for the doctor is that from all the letters he's written asking that his name not be used in connection with any advertising, more response has come from the users of the tanning booth requesting information than from salon owners or manufacturers of tanning bulbs.

"At least I know some of the people who go into these booths are aware," he said.

Ultraviolet ray output can be measured by a radiometer, but even if the tanner is satisfied that the bulk of the B

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suburban life

Loraine McClish editor/477-5450

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# *Melanie is ready to vie for Miss Michigan title*

By Loraine McClish
staff writer

Melanie Churella is on the countdown now leading to her week stay in Muskegon when she will represent Farmington and Farmington Hills in the Miss Michigan Scholarship Pageant, June 7-13.

The dark-haired and blue-eyed beauty who took the title of Miss Farmington last summer says she has been steadily pacing herself with preparations so she wouldn't feel a last-minute squeeze.

Between classes at University of Michigan and singing and dancing lessons, she's been home almost every weekend for shopping, costume and gown fittings.

Periodic visits to other local pageants affiliated with Miss America Scholarship Pageant were also on the July-to-June agenda. These were important, if not essential, to look over the competition, to critique, or to steal a few ideas if she could use them.

RANDY BORST/staff photographer

Singing and dancing lessons, costume and clothes fittings and a round of public appearances have filled the past year for Melanie Churella — Miss Farmington — in preparation for the Miss Michigan Scholarship Pageant. She will face 30 contenders for the title of Miss Michigan in the state pageant that runs from June 7-13.

**THE DAUGHTER** of Mr. and Mrs. Robert Churella of Farmington will face 30 competitors in the Miss Michigan Pageant, but follows some stiff competition from those who have gone before her representing the Farmington area.

Holly Ann Schmidt won the Miss Michigan title in 1977. Dorlisa LaMarra took the best-talent award in 1978 in the state competition. And Pam Prichard took the first-runner-up spot in the 1979 state pageant.

In preparation for her interviews, talent and on-stage appearance, Miss Churella said, "I have gotten support and help from every one I've asked."

Her father has made video tapes of the dance she'll be doing for her talent appearance when she will wear the traditional black and sequined derby, bow tie and tails of the jazz dancer.

Shirley Busher of Busher School of Dance has loaned her the use of her studio for rehearsals. This week she is using Farmington High School's stage for dress rehearsals.

Her mother has spent the year shopping and sewing.

**"CHRISTMAS** vacation was spent placing 7,000 rhinestones on seven yards of chiffon," Miss Churella said, for the dress she'll wear for her evening-gown appearance.

The gown deserves, and will get, a story for itself.

Designed by mother and daughter, and drawn up by a cousin who is an artist, the dress is being made by a Southfield couturier. Rustle Shand, fashion writer for the Observer & Eccentric, will devote a column to the dress and seamstress Betty Guam. "But she's promised it won't be printed until after the pageant," Miss Churella said.

A very vital bit of help to Miss Farmington has come from professors at MSU who have juggled schedules for her because final-exam time coincided with pageant dates.

Miss Churella, once a member of 12-Tones at Farmington High School, has taken private singing lessons this year, not to help her in her talent appearance, "but just to be better prepared for the singing we'll all have to do for our opening number in the Michigan Pageant," she said.

"I'm going to be preared on all counts."

**PATRICIA FALLON**, who is directing the Miss Farmington Pageant again this year, said, "Once we drop her off in Muskegon, she's on her own.

"We (the pageant committee) do everything we can leading up to pageant week but our girl has got to use the year well to prepare herself. The last-minute rush just doesn't do it."

Miss Churella will follow a tradition that's been set in the local pageant by joining other, past Miss Farmingtons and the Miss Farmington Pageant Committee in aiding the young misses who will vie for the 1981 crown and title in July.

Between June 1 and the pageant date, July 22, those who take the first step on the ladder leading up to Miss America will have a host of talent at their disposal.

Through seminars and workshops the contenders will be learning a range that runs from how to sit to what kind of underclothing to wear.

"I'm looking forward to that," Miss Churella said. "I have learned so much this past year and I have so much to share. I know so many little tricks that I've accumulated I'm going to be happy to pass on."

## Dr. Michael DeBakey

# *At 71 heart surgeon finds no reason to retire*

By Shirlee Iden
staff writer

He doesn't jog because it's boring.

He doesn't diet because it isn't necessary for him.

Walking five miles a day and up and down hospital stairs gives him sufficient exercise. And he won't ever retire.

In fact, world famous heart surgeon Dr. Michael DeBakey says, at age 71, "I feel like I haven't reached my peak yet."

The eminent Texas doctor proved that on May 27 when he flew into Pontiac Airport via private jet, attended a luncheon at Providence Hospital in Southfield, presented opening remarks at the Oakland Health Education Program (OHEP) Research Forum, acted as a judge of selected research papers, motored to Avon Township's Meadow Brook Hall in a 1957 Rolls Royce, met with representatives of the press, went on to keynote a dinner speech for OHEP and attended the awards ceremony which followed.

"I woke at 6 a.m. and don't expect to be home until well after midnight," the doctor said.

Dark-haired, dark-eyed and very soft-spoken, Dr. DeBakey reviewed a career that spans many decades. The man who contends he has not yet peaked has logged numerous contributions as medical inventor and innovator, teacher and medical statesman.

**WHILE STILL** a medical student, he devised a pump which, years later, became an essential component of the heart-lung machine that made open heart surgery.

He has developed more than 50 surgical instruments but is best known for his pioneering efforts in the treatment of cardiovascular diseases. He devised a booster pump and was first to use a heart pump successfully in a patient.

In 1953, he performed the first successful surgery for strokes and in 1964 he and associates did the first aorto-coronary-artery bypass with vein graft.

He led a team of surgeons in performing a historic multiple transplantation procedure, in which the heart, kidneys and one lung of a donor were each transplanted to four different recipients.

Though he has performed heart transplants, his assessment is "they received great publicity but are scientifically not successful."

A native of Louisiana, he received his academic and medical education at Tulane University in New Orleans, later studying at the universities of Strasbourg and Heidelberg for further graduate education.

Today, he is chancellor of Baylor College of Medicine and chairman of its Department of Surgery. He also is director of the National Heart and Blood Vessel Research and Demonstration Center in Houston.

**THE FATHER** of four grown sons, none in medicine, he also has a 3-year-old daughter, child of his second marriage. His first wife died of a heart attack.

Whether he is following his regular office and hospital routine or out on the road as last Wednesday, work is the only "turn-on" for the doctor.

And don't accuse him of being a "Type A" person. "I don't think I'm under great stress. My surgeries are 98-99 percent successful, so it's not stressful," he contends.

As a boy, DeBakey made an early decision to pursue a medical career. Now, more than 35 years after his first heart surgery, he declares he "sees no reason for that" when asked about retirement.

"As long as you live, you should do what you like," he says.

His own pharmacist father, still working, died of a heart attack at age 87. "He just fell down and was gone — the best way to go," the son reflects.

Asked why heart disease is so prevalent, Dr. DeBakey said it's because hardening of the arteries is so prevalent and "We don't know the cause. But the longer you live, the more apt you are to get it."

He calls cholesterol a contributing factor to heart disease, but not the cause; says exercise makes us feel good but its value is controversial; and calls smoking no longer controversial. "In science, those who have studied agree it does bad things for the body, just like drugs and alcohol," he says.

"The body will tolerate some abuses, but why subject it to that?"

**"ULTIMATELY**, we'll know the cause and once we've learned the course of the disease, we'll find the ways to prevent it.

"Prevention is what we're seeking."

Dr. DeBakey actively continues his own research while carrying a full load of surgery. "I have eight or 10 associates," he explains, "and we average 25-30 surgeries a day."

Replying to a question about his thoughts concerning his greatest contributions, he smiled broadly and named just three of so many breakthroughs — perfecting the coronary bypass, surgery for strokes and surgery for aneurysms.

"When I started, there was no treatment for aneurysm and the patients just died," he says. "Now we have patients living 20 years after surgery for aneurysm."

He said the death rate for heart disease has gone down 25 percent and for stroke 30 percent. "Public education has helped a lot. People are caring better for themselves and we're seeing the disease at earlier stages.

"Also our experience with coronary bypass has reached the stage where there's not much controversy about its value. The data are clear. Ten years after surgery, 75 percent of patients are working."

**HE ADDED** that those with undamaged hearts at the time of the bypass surgery have normal survival expectancies.

Dr. DeBakey has been honored for his contributions by heads of state all over the world. He has received many honorary degrees and honors from peers as well as students. He was awarded the Medal of Freedom with Distinction, the highest honor a citizen can get from the President of the United States.

Even as Dr. DeBakey spoke, statistics reveal that some 30 million Americans have some form of heart disease and one million still die each year.

"It's still the most common cause of death," he says. "We don't know how close we are to breakthroughs; we have no crytal ball.

"We can just continue to work and wait."

MINDY SAUNDERS/staff photographer

Dr. Michael DeBakey, who has logged numerous contributions to medical science, says he hasn't reached his peak yet.