

Osteopaths nationwide celebrating their week

When Dr. Frank J. McDevitt of Farmington was 11 years ago, he had a chest pain. He couldn't raise his arms. He was taken to a doctor of osteopathic medicine, who determined the problem concerned the articulation of the ribs.

"A few minutes later, the problem was gone," said Dr. McDevitt. That the encounter made a strong impression on the boy is indicated by the fact that today Dr. McDevitt is president of the American Osteopathic Association.

For Dr. McDevitt, who has practiced for 26 years in his Livonia office, this is a busy week, it being National Osteopathic Medicine Week until Sept. 19. Its theme is "Health for the Whole Person."

"It has been part of osteopathic philosophy for

years to treat all the body, not just the sore throat," pointed out the doctor. "We treat the patient as one whose problem is a sore throat."

He said the manipulation of bones and muscles, a hallmark of osteopathy, is a diagnostic method as well as therapy because the parts of the body are inter-related. "If the structure is wrong the function will be wrong," he said.

He added that nutrition is also an important consideration in osteopathic medicine.

Because of the emphasis on the whole person, a greater percentage of osteopathic doctors enter a general practice or those medical specialties involved in primary care, explains informational material prepared by the association.

It adds that they are licensed to practice all phases of medicine in 50 states. In most states,

doctors of osteopathy (DOs) take the same licensing exam as doctors of medicine (MDs). DOs comprise only 5 percent of the physician population but treat more than 10 percent of the American public, about 20 million people.

In fact, the association also indicates that a recent Kellogg Foundation study revealed that more than 90 percent of all DOs are involved in primary care medicine, compared to 45 percent of MDs.

The study also showed that half of the nation's osteopathic physicians practice in small towns and rural areas.

Dr. McDevitt said that before a DO is licensed, he has to take an internship in which he is rotated through all departments of the hospital, "so as to

be familiar with all, and so we are not narrowed in our approach."

He added that Michigan has more osteopathic doctors than any other state. Nationwide, there are about 20,000. There are 205 osteopathic hospitals and 15 osteopathic colleges, including one at the University of Michigan.

Dr. McDevitt and his wife, Barbara, have seven children. William, a DO, is in training to become a urologist; Jim is a computer engineer; Diane is a dental hygienist; and Karen Simon is a registered nurse. Their daughter Mary Howell is a bookkeeper, Marlene is a student at Oakland Community College and Kathy attends Mercy High School.



DR. FRANK J. McDEVITT

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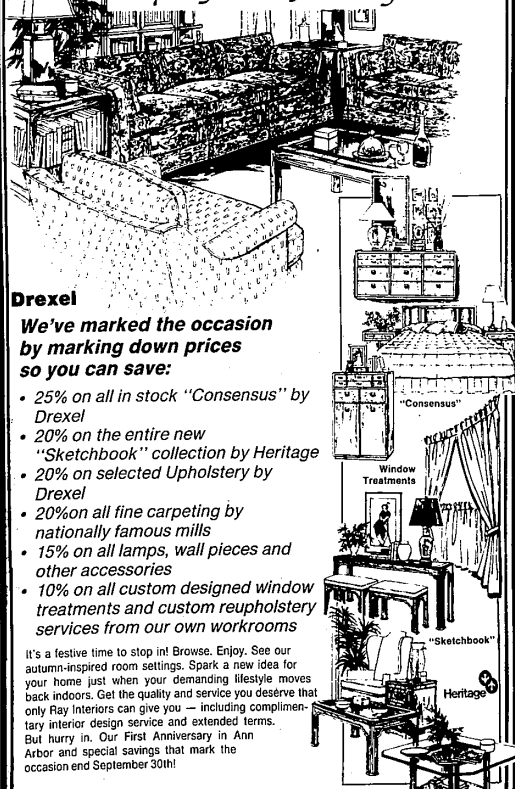
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Bettina Gregory opens Town Hall

Television and newspaper reporter Bettina Gregory will open the 1981 YWCA Town Hall series with a talk on "The Government Nobody Knows" at 4 p.m. Sunday, Oct. 4, at Ford World Headquarters in Dearborn.

The second speaker in the fall series will be psychologist Wayne Fisk, who will explore "Masculine Redefinition" at the same location Sunday, Nov. 1.

Tickets for both fall events cost \$12.50. A single lecture is \$7.50. Tickets and information are available from the YWCA of Western Wayne County, 561-4110. An optional afterglow with a cash bar at the Dearborn Inn will provide an

opportunity to meet and visit informally with both speakers.

Ms. Gregory, who has been federal regulatory agency correspondent for ABC News since 1977, describes her beat as the government that falls between the White House and Congress. She has appeared as an interviewer on ABC's "Issues and Answers" and has anchored the "ABC News Briefs" and "Good Morning, America" newscasts.

As a reporter for the Associated Press and the New York Times she covered such major news events as the Patty Hearst trial, the Karen Quinlan case and the Jimmy Hoffa disappearance. She also is interested in health, environmental and consumer issues.

There's no avoiding STRESS

We all face stress every day. In heavy traffic. When confronting the boss. When worrying about money. None of us can avoid stress. It's a fact of life.

Not coping with stress, though, could affect your health. People under too much stress sometimes get sick: high blood pressure, back pain, ulcers.

Watch for the symptoms.

If you're not sure how well you're handling stress, watch for symptoms that warn you something is not well. Recurring feelings of fear or anxiety... inability to relax... lack of appetite... insomnia... impatience or anger... a general nervous feeling.

Find help when you need it.

But sometimes a symptom lasts too long. Sometimes people become unproductive because they can't concentrate. Their efforts are fragmented. They don't run their lives very well because anxiety gets in the way.

At that point, you should get help. Through your church. Through your physician. Through a counselor.

You can take control.

If you feel these symptoms of stress, you can do something about them.

Talk to someone about your worries. Family, friends, a clergyman. It works for a lot of people.

Look at the demands on your life. At home. At work. Among friends. With planning, you can make some changes.

Set aside time each day to unwind. Find a quiet place. Get comfortable. Concentrate on a simple thought. Try to ignore distraction.

Get some exercise. Work it off. You'll be surprised how much better you'll feel.

Beaumont can help you.

One way Beaumont is helping members of the community learn about stress is by offering a free, five-session stress management course one evening a week, beginning September 23 at the Royal Oak Hospital. This "Stress of Life" course will discuss life-style choices, job stress, coping skills, and relaxation techniques. Registration is limited. Call 288-8425 by September 18.

Stress management classes is one way Beaumont is working to keep you well. For further information about Beaumont community health programs, call:

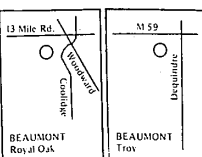
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We wish you well.



(This is the first in a series of messages on how you can maintain your good health, sponsored by the William Beaumont Hospital System, committed to the health of its community.)