

medical briefs/helpline

ALZHEIMER CLUB

The Alzheimer Club, a support group for all care-givers of people suffering from Alzheimer's or related diseases, will meet at 10 a.m. Thursday, June 23, in the Livonia Senior Center, 15218 Farmington.

EPILEPSY CENTER

The Epilepsy Center of Michigan will unveil the new offices of its Pediatric Seizure Clinic at an open house 3-6 p.m. Wednesday, June 23, on the seventh floor of the Professional Plaza Building, 3800 Woodward, Detroit. The expansion will increase the number of epileptic children who can be served and provide more space for training graduate students and medical residents. The clinic currently treats more than 700 children with epilepsy each year.

VOLUNTEER DRIVERS

The Michigan Cancer Foundation needs retired people to serve as volunteer drivers to take cancer patients to medical appointments. For more information, call the foundation at 493-0042.

HEALTH ON THE AIR

"Health Wise," a new radio program about health, can be heard 8 a.m. Mondays on WCAI-AM (100). The show features health professionals Rebecca Weisenburger and Dr. Bruce Dublin.

BLIND VETERANS

The Veterans Administration Medical Center in Allen Park has a visual impairment service program to evaluate and help rehabilitate veterans who are legally blind. Counseling services also are available for vets who are visually impaired. For more information, call Thomas Jackson at 562-6000, Ext. 448 or 287, from 8 a.m. to 4:30 p.m. Monday through Friday.

TINNITUS SUPPORT GROUP

A support group for those suffering from tinnitus (ringing in the ears) and their families will start meeting at 7 p.m. Tuesday, July 8, in Classroom A of the Administration and Education Center, Botsford General Hospital. For more information, call 478-8616.

CANCER DETECTION

The Michigan Cancer Foundation will be giving breast examinations for cancer from 9 a.m. to 3:30 p.m. Tuesday, June 24, at the foundation's Dearborn office, 15001 Commerce Drive, North, Suite 406. Pap tests will be offered from 9 a.m. to 4 p.m. Thursday, June 28. For an appointment, call 338-4112 between 10 a.m. and 4 p.m. Monday through Friday.

BREATHERS CLUB

A new Breather's Club, sponsored by Annapolis Hospital and the American Lung Association, offers support and information for people suffering from chronic obstructive pulmonary disease. The group meets at 4 p.m. the first Wednesday of every month in the hospital's Conference Room No. 2. For more information, call 467-4363.

Right," a discussion of how to limit sodium and salt in the diet to help lower high blood pressure, will be given at the Western Wayne Division of the Michigan Heart Association. The program will be from 10:30 a.m. to noon Monday, June 30, at the association office at Whitman Center, 32235 W. Chicago, Livonia. The program will be given by Jeanette Karwan, a registered dietitian. To reserve a seat, call 425-2333 between 10 a.m. and 2 p.m.

LEUKEMIA FOUNDATION

A new program called Buns on the Run is designed to bring personal and friendly service to University of Michigan Hospital hematology/oncology patients and their families. The program is sponsored by the Children's Leukemia Foundation, the hospital and McDonald's, and will feature the efforts of volunteers from the association's West Suburban Chapter in Livonia and the Huron Valley Chapter in Ann Arbor.

Under the program, volunteers will bring fast food to patients and their families who have become "bored" with hospital food. The program also will enable patients to find out more about the association and its services and get some support from volunteers. The volunteer contact for the program in Livonia is Margie Harris, 524-0500 (after 6 p.m.).

BREATHERS CLUB

"Exercise-Induced Asthma" will be the topic of this month's meeting of the Breather's Club, a support group for chronic lung disease patients sponsored by the American Lung Association of Southeastern Michigan. The group will meet at 7 p.m. Thursday, June 19, in the first-floor nursing classroom of St. Mary Hospital, 35475 Five Mile, Livonia. Allergy and immunology specialist Dr. M. Mirz will instruct the group.

ARTHRITIS CLUB

The Arthritis Club, a support group for senior citizens suffering from arthritis, will meet at 10 a.m. Thursday, June 19, at the Livonia Senior Center, 15218 Farmington. For more information, call 522-2710.

CPR CLASSES

Annapolis Hospital in Wayne will be conducting a cardiopulmonary resuscitation class 7-9:30 p.m. Monday, June 30. The hospital will have a basic cardiac life support course from 7 a.m. to 3:30 p.m. Tuesday, June 17, in conference room No. 2. To register for either class, call 467-4570. The hospital also will have a blood drive from 7 a.m. to 7 p.m. Friday, June 20, in the conference rooms. No appointment is necessary.

STOP-SMOKING CLINIC

A free stop-smoking clinic, co-sponsored by Annapolis Hospital and the American Cancer Society, will begin at 1:30 p.m. Monday, June 23. The program lasts one hour a day for five consecutive days. To register, call 467-4399 between 8 a.m. and 4 p.m.

LOW-SODIUM DIET

"Come on Down, the Food Is

Right," a discussion of how to limit sodium and salt in the diet to help lower high blood pressure, will be given at the Western Wayne Division of the Michigan Heart Association. The program will be from 10:30 a.m. to noon Monday, June 30, at the association office at Whitman Center, 32235 W. Chicago, Livonia. The program will be given by Jeanette Karwan, a registered dietitian. To reserve a seat, call 425-2333 between 10 a.m. and 2 p.m.

POSTMASTECTOMY GROUP

Encore, the YWCA Postmastectomy Support Group, meets from 9 a.m. to noon every Thursday at the Forum Health Club in Westland. For more information, call Cynthia Nichols at 591-4110 or Sharon Morris at 922-7329.

CHILDREN OF ALCOHOLICS

The National Association for Children of Alcoholics will host a conference Saturday and Sunday, June 28 and 29, at the Southfield Hilton Hotel. The conference will be in cooperation with the National Council on Alcoholism, Michigan, Inc. For registration information, call George Stewart at (817) 937-9417.

NURSE OF THE YEAR

The March of Dimes is accepting nominations for its Nurse of the Year Award. The recipient will be honored for efforts in improving the quality of nurse care for mothers and infants in Michigan. The winner will be presented a \$500 award and a plaque at the Perinatal Association of Michigan annual fall meeting on Wednesday, Oct. 1, at the Clarion Hotel in Lansing. Nominations should be sent to Dolores Wehr, director of grants and programs of the southeast Michigan March of Dimes, 17117 W. Nine Mile, Southfield 48075. The deadline for nominations is Friday, Aug. 15. For more information, call the March of Dimes at 423-9200.

ROMP

Recovery of Male Potency (ROMP), a support group for men suffering from impotency, meets at 7:30 p.m. the third Thursday of the month in the conference Annapolis Hospital in Wayne. The group also is for men who have had or are planning to undergo surgery to have an inflatable penile prosthesis implanted. The prosthesis allows men who are impotent for physical reasons to have sexual intercourse. The surgery is performed at Annapolis. For more information, call 467-4570.

EYE HELPLINE

The National Eye Care Project's Helpline offers free medical eye care to those 65 years old and older who are needy, do not have a medical eye doctor and who have a medical eye problem. Information on eye

diseases will be sent to anyone who calls the toll-free Helpline at 1-800-225-EYES. The project is sponsored by the Foundation of the American Academy of Ophthalmology and the Michigan Ophthalmological Society.

CARDIOLOGY STUDY

Sinai Hospital in Detroit is looking for men younger than 70 who have had coronary bypass surgery. They are needed for a research study testing the effects of diet and exercise on blood fat levels. Participants should not be currently involved in a regular exercise program. The study offers 10 months of free diet and exercise counseling. For more information, call registered nurse Sue Hogan or Dr. David Wirsley at 493-6333.

BUDDIES PROGRAM

People who have been frequently hospitalized for mental health problems and are living in Redford, Livonia, Northville, Plymouth and Canton areas are eligible to take part in a new outpatient program offered by Suburban West Community Center, 11677 Beech Daly, Redford. Former clients who have demonstrated successful adjustment in the community serve as "buddies," providing assistance in handling crises and achieving personal goals. For more information, call 937-9500 or 931-2665.

ALZHEIMER SURVEY

Wayne State University is searching for people who have a close relative with Alzheimer's disease or any

form of senility. If you are such a person, you can help by filling out a mailed questionnaire. Confidentiality is assured, and you may choose to remain anonymous.

The survey deals with the extent to which families are able to organize members for in-home care of the person with Alzheimer's. For more information, call 540-2373 from 9 a.m. to 4 p.m. Monday-Friday.

LAMAZE

The Lamaze Childbirth Education Association of Livonia is offering several series of classes in May and June.

Weekday classes are 7-9:30 p.m.; Saturday classes are 9-11 a.m. Classes starting soon are Saturdays, June 14 to July 26 at Holy Cross Lutheran Church, Livonia. Classes offer information about pregnancy, labor, delivery, a childbirth film, breathing techniques, relaxation exercises and comfort measures. Fee is \$40 per couple, less for refresher couples. Instructors are nurses and mothers themselves. For information, call 592-8618.

STRESS HOTLINE

Henry Ford Hospital's 14-hour Healthcare Hotline at 578-2800 provides a message on how you can fight stress.

HOLISTIC HEALTH CARE

Classes on chiropractic measures and its relationship to holistic health care will be discussed in a series of classes sponsored by the Livonia

Chiropractic Society and are held at the Clark/Silcox Chiropractic Center, 27437 Six Mile, Livonia, at 6 p.m. every other Tuesday. For information, call 522-2130.

MENOPAUSE STUDIES

Healthy women between the ages of 45 and 60 are sought for studies of menopause being conducted at the Lafayette Clinic in Detroit. Volunteers are provided cash compensation and a free physical for participation in one of two experimental projects.

In one study, researchers are attempting to gain an understanding of the menopausal symptoms of hot flashes and perfect a behavioral analog to pharmaceutical treatment of the condition. For this study, the scientists need subjects who are presently experiencing the symptoms of menopause.

In a related study, tests subjects must be free of all symptoms of menopause and within the prescribed age range.

For information, call Dr. Leonard Germaine between 9 a.m. and 4 p.m. at 256-9521.

ROMP


Annapolis Hospital sponsors ROMP (Recovery of Male Potency) meetings the third Thursday of every month at 7:30 p.m. in the hospital conference room. The group is intended to provide educational and emotional support to couples who suffer from the effects of physical impotence. Confidentiality is assured. To register, call 4570.



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