

# Bone loss occurs faster in women



BARRY FRANKLIN

Did you know that... More than one million older people suffer fractures each year in this country due to osteoporosis — a thinning of the bones that makes them fragile and brittle. Women are at greater risk than men. By age 65, the average man has 91 percent of his bone mass, and the average woman has only about 74 percent.

One of the most common heart rhythm disorders, atrial fibrillation, occurs when the heart beats in an irregular, disorganized fashion. Once this abnormality is diagnosed, a primary concern is the increased risk of stroke. The likelihood of stroke in patients with atrial fibrillation is five times that of the general population. Fortunately, effective drug treatment is available to normalize heart rhythm and reduce the risk of stroke.

Low-to-moderate-intensity exercise training may be equivalent to, if not better than, high-intensity exercise in reducing high blood pressure.

Health care insurers are beginning to see the light. The largest health care insurer in the United States, Mutual of Omaha, just announced that it will cover full costs of Dr. Dean Ornish's heart disease reversal program at selected hospitals and medical centers.

The pilot, which includes patient education, nutrition counseling, smoking cessation, stress management and exercise therapy, is designed to assess the clinical and cost efficacy of a prevention program. Other insurers are expected to follow in their effort to decrease costs by reducing the need for more expensive cardiovascular procedures.

The Clinton administration is considering a large boost in cigarette taxes to reduce tobacco consumption and help finance health-care reform. According to recent polls, three out of every four Americans — including many smokers — are in favor of this tax hike. Studies have shown that a 10 percent increase in the price of cigarettes reduces consumption by an average of four percent.

The greatest impact is on teenage smokers. Between 1979 and 1991, the price of cigarettes in Canada rose to more than \$4 a pack, and teenage smoking fell by two-thirds.

Non-alcoholic beers have about one-third to one-half the calories of regular beer.

Barry A. Franklin, Ph.D., is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak. He holds faculty appointments at Wayne State University, School of Medicine, and Oakland University. He can be reached by touch-tone phone at 953-2047, mailbox 1866. Franklin's new book "Making Healthy Tomorrow" is available at area bookstores for \$12.95, or call 1-800-289-4843.

Hotlines to phone for helping seniors

Here's a list of toll-free numbers that may be of help and interest to older adults and their families. These toll-free hotlines may be able to assist the callers in finding the information they require.

Social Security Assistance  
1-800-772-1213

Hospice  
1-800-331-1620  
Energy Assistance  
1-800-292-6650  
Cancer Information Center  
1-800-422-6237  
Arthritis Foundation  
1-800-283-7800  
Taxpayers Information (Federal)

1-800-829-1040  
Taxpayers Assistance (State)  
1-800-487-7000  
American Council for the Blind  
1-800-424-8666  
American Diabetes Association  
1-800-232-3472  
American Paralysis Association  
1-800-225-0292

American Parkinson's Disease Association  
1-800-223-2732  
Auto Repair Complaints  
1-800-292-4204  
Alzheimer's & Related Disorders Center  
1-800-272-3900  
Citizens for Better Care  
1-800-292-7852

■ Thursday, Nov. 11 — 3-4:30 p.m.  
■ Tuesday, Nov. 16 — 3-5 p.m.  
■ Wednesday, Nov. 17 — 7-9 p.m.

The Health Care Power of Attorney for Health Care ensures that your desire to accept or refuse medical

care, custody and medical treatment when you are unable to participate in medical treatment decisions.

Crittendon Hospital staff will offer four free sessions on the following days:

■ Tuesday, Nov. 9 — 7-9 p.m.

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## FASHION CALENDAR

SATURDAY, NOV. 6

**Neiman Marcus**

Join Neiman Marcus' personal appearance 10 a.m. to 4 p.m. in Fashion Jewelry, Level One, at Neiman Marcus at the Somerset Collection in Troy. DKNY Resort trunk show 11 a.m. to 3 p.m., with informal modeling in Leisure, Level Two.

**Gianni Versace**

Benefit holiday fashion show featuring men's and women's clothes from Gianni Versace at 7:30 p.m. at Manuel's Restaurant, 4301 Orchard Lake Road in Crosswinds Mall in West Bloomfield. Show presented by the Broadway at Applique Square, Southfield. Tickets at \$35 include hors d'oeuvres and champagne. Proceeds benefit the Midwest AIDS Prevention Project. For tickets or more information, call 355-9420 or 545-1435.

**Fernando Sanchez**

Loungewear and lingerie by Fernando Sanchez informally modeled noon to 4 p.m. at Rox & Sherm at Bloomfield Plaza in Bloomfield Township.

**Fashion Spree**

Sale of gently used and new designer-label clothing for the entire family, updated trendy and vintage clothes and accessories, hand-knit sweaters and purses, at Community Arts Building, Gate 5, at Michigan State Fairgrounds in Detroit. The 13th annual Fashion Spree Sale, sponsored by National Council of Jewish Women Greater Detroit section, opens at preview 6-10 p.m. Saturday, Nov. 6, with \$5 admission. Show runs noon to 7 p.m. Sunday-Monday,

Nov. 7-8, with free admission. Proceeds go to NCJW's community projects.

**Don Thomas**

Join Patagonia's Roch Horton for a day featuring the environmentally oriented clothing manufacturer. Patagonia is now producing a fleece sweater made of recycled soda pop bottles.

WEDNESDAY, NOV. 10

**Fur coats**

Informal modeling and special ordering of the newest styles in fur coats noon to 4 p.m. Wednesday, Nov. 10, and Saturday, Nov. 13, in Fur Salon at Hudson's at Oakland Mall in Troy.

Thursday, Nov. 11

**Andrea Jovine**

Personal appearance by Andrea Jovine 1-3 p.m. in Sportshop, Level Two, at Neiman Marcus at the Somerset Collection in Troy.

**The Boardwalk**

Informal modeling of fashions from Chico's noon to 2 p.m. at Stage & Co. restaurant at the Boardwalk shopping center on Orchard Lake Road in West Bloomfield.

## Baby is born

Charles Armand Calengor was born at 11:04 a.m. Oct. 10, 1993, at Crittenton Hospital in Rochester to Bruce and Lori Calengor of Rochester Hills. Charles weighed 8 pounds 14 ounces and was 21 inches long. Grandparents are Joan Calengor of Rochester Hills and Armand and Elvira Drezze of Sterling Heights.

## HelpLine has the answers on arthritis

The Arthritis Foundation is making it easier for people with arthritis, family and friends to obtain information they need on arthritis topics.

The Arthritis HelpLine is staffed by trained volunteers who can provide general information on types of arthritis treatments, medications, referrals, self-help aids, self-help classes, mutual support groups, aquatic programs and special exercise classes.

The HelpLine is open Monday-Friday 10 a.m. to 3 p.m. Call 350-3030 or 1-800-968-3030 and ask for the "HelpLine."

Mother of the Bride & Groom

Also catering to the second wedding party. Size 4-24.

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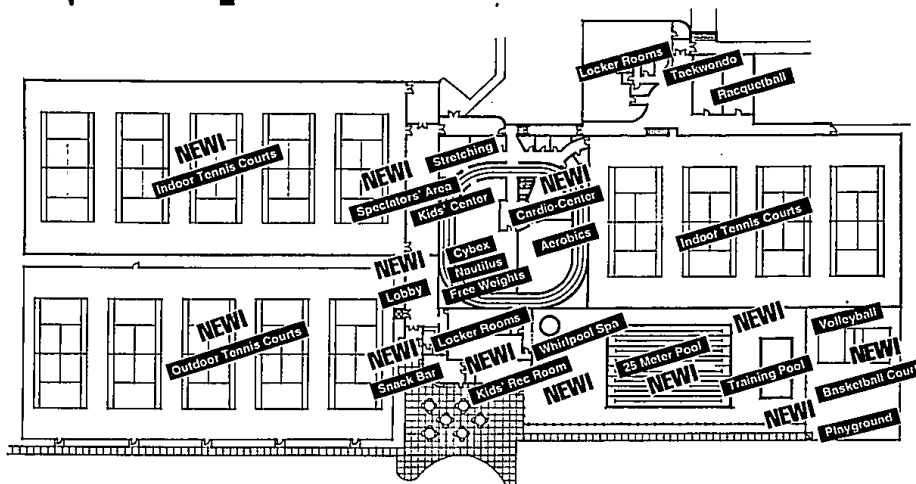
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of West Bloomfield

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(formerly One on One Athletic Club)

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Free Sports Club  
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