

SUBURBAN LIFE

THURSDAY, MAY 12, 1994



MICHAEL GARR

Fire safety is hot issue

I've spent the past 12 years with the Farmington Hills Fire Department increasing community awareness of public fire safety.

It's amazing how many people assume that fire safety is for kids. Children under the age of 6 are at the greatest risk to die in a fire, and the other high-risk group is seniors over the age of 65. The three leading causes of fire are men, women and children. Fire does not age discriminate.

Large-scale events in the community each year provide the perfect opportunity to reach out to the public. You may have visited fire headquarters during Fire Prevention Week each October for the annual open house. Or maybe you saw the fire department during Kids Day in the Park which begins each Founders Festival Week.

Meeting firefighters

But more likely, you or family members met the department at much smaller events. It could have been at your neighborhood subdivision parade, a scout tour of a fire station, a school fair, or perhaps through the Division of Special Services Safety Town.

The single greatest effort to share safety information with the community is through our on-going efforts in visiting area preschools, middle schools and high schools. Our largest outreach is in the annual elementary school assembly programs every fall. The department takes an elaborate stage show into every public, private and parochial elementary. This successful program has been expanded into surrounding school districts like Clarenceville and Walled Lake. Inspector Don St. Clair has cleverly introduced fire safety through several characters such as Gadget the Fire Clown, Fire Marshal Daah Dakota or Marvo the Magician.

These innovative efforts are captured on video and often can be seen on local cable TV 12 or through the video section of both branches of the Farmington Library.

Outreach to seniors

Programming for seniors has been implemented during the past several years. Members of the fire department might be at the monthly appearance at the Mercy Senior Center, or they might be helping senior residents plan and practice a fire exit drill at their congregate care housing site. The business community receives fire extinguisher training and evacuation preparation training.

During 1993, activity in fire prevention reached an all-time high with 347 public education programs conducted for 25,000.

Many people exposed

This translates into nearly one of every three residents receiving an educational contact with their fire department. This is a major accomplishment without the time and talents represented by the 16 career firefighters and nearly 80 paid-on-call men and women comprising the Farmington Hills Fire Department. You'll have a hard time finding another fire department doing as much for its community.

Beginning this year, the department is increasing its target programming to include injury prevention. As primary care providers for medical emergencies and personal injury accidents, the department has recognized its role in helping prevent these types of emergencies.

Of the 4,241 calls for service from the public during 1993, medical emergencies (2,315) and personal injury accidents or vehicle accidents (619) represented 66 percent of the total department response activity.

New ideas

Public education efforts are being directed to help reduce these numbers. Can we prevent, slip and fall accidents, or heart attacks be prevented? We think so. For example, to help people recognize the signs and symptoms of a heart attack, community CPR classes are offered by the department.

The most ambitious undertaking will have the fire department taking an active role in the upcoming Safe Kids Night at Mercy Center, scheduled from 6:30-9:30 p.m. Friday, May 13. The newly formed Farmington Hills Commission on Children, Youth and Families will be sponsoring a special event night in recognition of National Safe Kids Week. A health and safety fair focusing on children and their unusual needs will be held at the city's newly acquired Mercy Center.

This evening represents a partnership between the city and the business and service community to provide information for families to help reduce their risk from injury.

L. Michael R. Carr joined the Farmington Hills Fire Department in 1977. His main responsibility is coordinating public fire education efforts. He is still active in fire suppression and EMS. Carr, his wife, Susan, and their two children live in downtown Farmington.



Hippocrates called it hemikrania

- Migraine headaches were recognized and described more than 5,000 years ago, although the name migraine derives from Hippocrates, who called the ailment "hemikrania," a Greek word meaning half skull.
- Over the years, the word was derived from the word given to the ailment by Hippocrates. Typically, the migraine is a throbbing, recurrent pain which attacks one side of the head or face. A migraine can vary widely in intensity, frequency and duration. Victims often lose their appetites, suffer nausea and frequently vomit.
- Migraine also tends to run in families. When both parents are afflicted, three-quarters of their offspring are likely to suffer with migraine. If one parent has migraine, half the children can be expected to be victims.
- Migraine has been found to strike children as young as four months, and it may occur at any time in life. Most commonly, migraine attacks begin when the victim is in his or her 20s or 30s and fade away in the 40s.
- More information about migraine headaches and clinics and doctors specializing in the treatment of headaches is available from the National Migraine Foundation, 5252 N. Western Ave., Chicago, IL 60625.

Information from "A Doctor Discusses Headaches" by Dr. Victor Harpe in consultation with Joan L. Seltzer, M.D.



Treating a

MIGRAINE

Hard as it is to believe, people can be bed-ridden because of a headache, but it's true, especially if it's the second most common form of headache.

BY SUE MASON
STAFF WRITER

There are certain things Laura Gongli remembers about the past 30 years or so. Most, if not all, are associated with a headache.

There's the three weeks a month she was bed-ridden with excruciating pain, the 10 years her family didn't take vacations because she was afraid to leave her "comfort zone," and the times she considered taking her life, even asking her husband to run over her with the family car.

There are the numerous doctors she saw in hopes of getting relief from her headaches, the 12 different medications, including Prozac, that were prescribed and the \$1,280 she spent - even with a \$3 co-pay - for the medications last year.

Since age 11, the Woodhaven resident has suffered from migraine headaches, the second most common form of headaches, according to the National Institute of Neurological Disorders and Stroke. She has figured she has "lost five years of my life" because of it.

"It really controls your life 100 percent," she said. "You don't eat; you don't drink; you don't do anything."

That was how it was up until about eight months ago, when Gongli saw an advertisement on TV. Tired of hurting, she decided to take one last chance. Now she happily tells you she takes no medication, and has been headache free since December.

She credits the dramatic turn-around to a Southfield



Dr. Edward Lichten

gynecologist who has made a name for himself treating women with hormonal migraine headaches

Need to know.

"Women need to know they don't have to suffer," Dr. Edward Lichten said. "They need to know that it's OK to talk to someone who'll listen. They need to know that even if they can't be cured, at least it's not all in their head."

Lichten started working with pain disorders in 1978. His first client was a young woman with severe menstrual pain and eventually he began seeing a lot of women with pelvic pain. He spent two years working with different drug therapies and found that the same drugs used in Europe helped him achieve a 80-90 percent success rate.

But the change came in

See MIGRAINE, 2C

Physician believes in total dressing

BY ETHEL SIMMONS
STAFF WRITER

Dr. Melody MacMartin believes in dressing from the inside out.

An alumnus of North Farmington High School, she graduated from the Hirkville (Mo.) College of Osteopathic Medicine and is now on staff at Botolph General Hospital in Farmington Hills. The Livonia-based physician selects her undergarments to match her clothes. Some of the colors she favors underneath include teal blue, black, gray, burgundy and red. "I just feel good to dress from the inside," she said.

MacMartin tries to stick with the color palette that was recommended when she had her colors "done." Her coordinated wardrobe is basically navy, red, black, white, fuchsia and royal blue.

The doctor has a busy family practice, so she knows how to work hard.

For work, she wears a lot of blazers and sweaters, and when she's with patients, MacMartin usually takes off her jacket and slips on a lab coat.

"I put on the jacket for business meetings, and for work at the mediation tribunal," she says, referring to medical malpractice defense work she does in Wayne County.

But she also knows how to play, and she and her husband Craig MacMartin, a dentist with practices in Plymouth and Livonia, enjoy dancing at cocktail parties and dinners.

Self-assured, Melody is a competitive tennis player, and on the team at Franklin Racquet

Club. The MacMartins have fun on vacations, which include a warm-weather destination in winter, as well as skiing in the spring with son Scott, 13.

For all these activities, Melody takes pleasure in dressing with flair. She has received compliments from many people, including neighbor Diane Girard Brown, who says, "She looks like she's a fashion model. She's petite and dresses very contemporary." Brown cites MacMartin's casual outfits that include jeans and cowboy boots, and black leather.

"My husband Craig is a strong believer in his wife's ability to make the right clothing choices. 'I'm not much on fashion,' he admits, then says, 'I love that dress she's got on. I think she dresses pretty sharp.'"

The outfit he was referring to was one of Melody's cocktail dresses, a long-sleeved black velvet number, with royal blue sequins. "I love sequins," says Melody, who brought out another evening outfit - a black sequin jacket and matching sequin cocktail shorts. "I wear it a lot, with a low-cut sleeveless top, so I can slip the jacket off if we dance."

For dancing, she likes to wear short-sleeved or sleeveless dresses, especially if the couple's going to jitterbug, she says. A sleeveless red croupe bodysuit, with a full flared leg, is very comfortable to dance in.

"I dress for comfort. I like a little flair. I like

See DOCTOR, 2C



Dr. Melody MacMartin