Migraine from page 1C

1983 when two women came to him, looking for relief from their migraine headeches. Both had been to clinics in Detroit and New York and had found no relief in more than 30 years. Using a variety of drugs. Lichten cured them and in the process discovered something neurologists wouldn't consider—the hormonal aspect of women's migraines.

Men and women over are 60

of women's migraines.

Men and women over age 60 and boys and girls under age 10 have the same incidence of migraines, but during the reproductive years, women get them seven times more than men. The reason, according to Lichten, is hormonal fluctuations — the estrogen level fluctuates "like a roller coaster" and the drop before their periods can tringer migraines.

and the drop beture their periods can trigger migraines. Lichten has found six of 30 medications used to treat mi-graine and tension headaches af-fect hormonal levels. Those six drugs have had a positive effect on 90 percent of the women he

"With the hormonal treatment, se're able to double our success rate; that's twice as many women who can regain their life — their home life, their work life." Lichten said. "Women need to be in control of their bodies; they don't have time to take off and be

sick."

Lichten is thorough in his work. His wife Gail does a comprehensive medical, family and environmental history of each patient and educates them about their treatment. Patients also undergo a brief neurological examination and a complete muscleskeletal evaluation.

He takes time to explain the medicines he will be using and how to keep track of headaches, teaching patients to recognize the difference between a muscle con-traction and a migraine.

Hellef at 1834
Lawana Dogett has been through all that and more. She has had migraines since age 14. She has been agriculture and the share as different methodology of using drugs that are on the market. His treatment is personalized."

Monthly, then twice weekly extrogen shots and medication helped alleviate some of the pain, but eventually she had a hysterectomy, and her migraine disappeared.

Dogett said. The share a different methodology of using drugs that any other share and eight of his appeared.

Dogett has a history of migraine beadaches in her family on the father's side. One of 16 children, his mother and eight of his appeared.

Like Dogrett, Michele Hersbey heard about Lichten from a friend and turned to him when her migraines turned into a week-long experience of vomiting and alexping. She had started having infrequent migraines at age 6. By age 18, they were more frequent and between age 25-31, "they got really bad".

"I didn't realize they were cyclical until 1 had to study for exams," she said. "They always came four weeks apart."

At work, Hersbey would take four days off, then return to work. She recalls lying on the floor of her office all day to take phone calls. Other times she considered herself lucky to be able to ait behind her deak and "be there."

Single, Hershey tried her family practitioner, a chiropractor and neurologist to no avail. With Lichten, she changed her fell the word of caffeine. The first few months she needed neural block that numbs the head and masks as he hange and, while she still has migraines, the last one lasted only a day.

"I can handle that," said the Rossville resident. "It was nothing like before and my menstrual migraines are gone."

The three women speak highly of Lichten and what he has done for them. But Lichten is modest about his success. Yes, he admits, its "a pretty big high and a really good feeling to help someone regain a normal lifestyle." But it is also fun.

"To me it's fun being a doctor, fun because 1 think 1 can do something to help." he said. "I

also fun.

"To me it's fun being a doctor, fun because I think I can do something to help," he said. "I like feeling that I can do something to help people who have real problems."

Dr. For.

problems."

Dr. Edward Lichten's Headache
Institute for Women is in the Carson Center, 29355 Northwestern
Highway, Southfield. For information, call (810) 358-HELP.

Hospice will benefit from fund-raiser

The Henry Ford Hospice Benefit committee is presenting a "Spring Soiree" at 7 p.m., Saturday, May 21, at the Detroit Athletic Club.

Proceeds from the benefit will go to support hospice care, educa-tion and research throughout the

Henry Ford Health System, which includes most of southeastern

Hospice care is available for pa-tients who have been diagnosed with a life-threatening illness with a prognosis of six months or less to live. While most hospice

patients have cancer, some also have AIDS, chronic obstructive pulmonary disease, end-stage heart-liver disease and other terminal diseases.

Tickets for the benefit are \$150 to \$250 per person. For more information call Diana Leone at (313) 876-2882.



Doctor from page 1C

something distinctive," MacMar-tin says.

sometimes on weekend trips to Boyne, the takes four or five jack-ets and three pair of ski pants When MacMartin goes skiing.

with her goggles, allowing her to wear something different every day. "I have friends that laugh at me a lot," she says with a smile.

Red Cross seeks new volunteers

Individuals with a drive to belp others can serve their community working as a blood collection volunteer, as a volunteer driver, or bospital assistant for the American Red Cruss of Southeastern Michigan.

As part of the blood collection team, volunteern register blood donors, assemble empty sterile collection bags, and serve refreshments to donors at blood collection tenters and mobile units in Bloomfield and Oak Park.



Wednesday, May 18 10 am-7 pm Thursday, May 19 10 am-5 pm

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