

Asthma

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tants such as tobacco smoke, environmental pollutants and fumes from chemicals and paint. Not everyone with asthma has allergies, but studies show that allergic individuals are more prone to having asthma due to the presence of a chronic allergic inflammation process.

Avoiding the things that trigger an attack is ideal, but not always possible. Fall weather with its dry windy days and periods of rainfall make it especially hard to avoid ragweed, mold and other pollens. Ragweed is the number one cause of allergies in the United States and unfortunately, Michigan's ragweed level is one of the highest in the nation.

Asthma cannot be cured, but it can be controlled. The new focus on asthma treatment is to prevent an attack from happening rather than reversing it once it begins.

Learning about your or your child's asthma and deciding to take an active role in managing it is cited as one of the most important things you can do for yourself or your loved one. Knowledge is power. The successful management of asthma depends on your knowledge of how asthma affects the lungs, your skill and knowledge on how to prevent or reverse an attack, and a positive attitude.

Managing Asthma and Staying Healthy is a three session series that is offered quarterly through Health Development Network of Botsford General Hospital. It's open to children and adults with asthma, as well as their families.

Children attend separate classes that are geared to their learning levels.

The program can help you learn how to recognize your triggers and how to alter your envi-

ronment and activities to avoid them; take medications correctly; monitor your lung functions daily with a peak flow meter; control anxiety during an attack with breathing and relaxation exercises.

It can also help you develop an awareness of the impact that asthma has on the whole family, exercise safely and improve your overall health, and effectively communicate with your physician.

The next series begins Thursday, Oct. 10. It will be held at the Botsford Center for Health Improvement in Novi. Pre-registration is required and cost per family is \$20. For more information, call 477-6100.

(Sally Randall, RN, is health programs coordinator for Botsford General Hospital.)

Volunteers needed for Pet-a-Pet program

Do you have a pet that can help improve the quality of life for nursing home residents or hospital patients or children? If the answer is yes, the Pet a Pet Club wants to hear from you.

Many of the nursing home residents have short attention spans, or don't always respond to

any other stimuli except these animals. Even those most difficult to motivate are responsive to the dogs and cats.

Farmington area locations in need of pet visitors include Botsford Continuing Health Center at 10 a.m. the second Saturday of the month, American House

the third Saturday of the month, Greenery the first Wednesday of the month at 10:30 a.m., Court Yard Manor the third Thursday of the month at 6:30 p.m., and the McCauley Center the third Tuesday of the month at 10 a.m.

Call Ruth Curry at 535-0410 for more information.

WEDDINGS AND ANNIVERSARIES

ZONER-NOBLE

Richard and Mary Jo Zoner of Farmington Hills announce the engagement of their daughter, Bobbi Jo, to Ronald Lee Noble, son of Ronald and Sadie Noble of Wixom.

The bride-to-be is a graduate of Our Lady of Mercy High School and is employed by Images of Michigan in Southfield.

Her fiancé is a graduate of Walled Lake Western High School. He served in the U.S. Navy as a radioman. He is employed as a cable technician for Ameritech/Americon. Cable Company in Wayne.

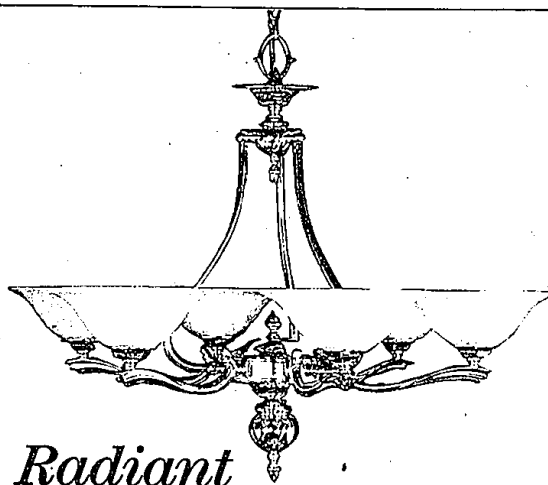
An October wedding is planned in St. Matthew Lutheran Church in Walled Lake.



BOETTCHER-KREITZ

Mr. and Mrs. E. Gordon Boettcher of Ann Arbor announce the engagement of their daughter, Annherst Michele of Farmington Hills, to Jeffrey Daniel Kreitz, son of Mr. and Mrs. Edward J. Kreitz of Bloomfield Hills.

A November wedding is planned at Cornerstone Evangelical Presbyterian Church in Brighton.



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