

HEALTH & FITNESS

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House Dems want Clinton Valley open

By TIM RICHARD
STAFF WRITER

House Democrats voted to keep open the state's Clinton Valley mental health center in Pontiac as they rammed through their version of a Community Health-Mental Health budget May 23.

There were three major mental health differences from Gov. John Engler's recommendation:

- Detroit Psychiatric Clinic - Engler wanted to close and consolidate it with Northville Regional Psychiatric Hospital. Democrats voted \$17.7 million to keep DPI open.

- Clinton Valley Center - Engler wants to close and consolidate it with a unit at Caro in the Thumb. Democrats voted \$33 million to keep it open.

- Pleasant Ridge Children's Program at Kalamazoo - Engler wants to close it and consolidate it with Hawthorn Center in Northville Township. Democrats voted \$4.1 million to keep it open.

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mendation - 2.5 percent," said Rep. Nick Ciaramitaro, D-Roseville. Democrats put up 55 of the 66 votes that passed the bill and sent it to the Senate.

"It's clearly w-a-a-y over target," replied Rep. Shirley Johnson, R-Royal Oak. "We're told, These are just priorities. We'll deal with it (budget amounts) later. Well, the hell with later."

A second issue was Democrats' insertion of a \$1 an hour, across-the-board pay hike for unionized mental health and nursing home workers.

James K. Haveman, Engler's director of Community Health, accused Democrats of "extremely orchestrated" hearings dominated by public employees' unions.

"It's clear that patients don't benefit from the old mental health system, but unions do," said Haveman.

The Engler Administration contends the largest units are underused and nearly empty but still employ dozens of staffers.

With a 57-52 majority, Democrats

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stonewalled many of the GOP charges. Although two Democrats were absent, one Republican, Sue Rocca of Macomb County, joined them in passing the budget bill.

All 49 votes against it were cast by Republicans. All area lawmakers voted with their parties, and none was absent.

The measure faces tough sledding in the Republican-controlled Senate. So far the health budget has been the most hotly debated of all the appropri-

tions bills.

Engler asked for a gross budget of \$7 billion (including federal aid of \$3.3 billion and state funds of \$2.4 billion). The House bill raised the ante to \$7.9 billion, including \$2.55 billion in state funds.

Engler recommended cutting the current year's employment from 7,328.5 by 429 jobs to 6,899.5. The House bill calls for 5,945 jobs, down 383.

The House inserted \$1.7 million for these "new and expanded programs:

- Osteoporosis - a new program to promote awareness, education and prevention.

- Lake St. Clair - a water quality assessment.
- St. Vincent DePaul Society - a one-time grant for construction of its new health society in Detroit.

- Breast and cervical cancer - more outreach, education and prevention money.

Refer to House Bill 4306 when writing to your state senator, State Capitol, Lansing 48909.

Dad's day a good time to watch health

As you lay in bed relaxing and reading the *Observer & Eccentric* paper this fine Fathers Day, this column is dedicated to you.

I don't want to spoil your day, but have you ever wondered why women live longer than men? Unfortunately, men are in a higher risk category when it comes to health issues. Being male can be hazardous to your health.

Numerous theories attempt to explain why women outlive men on an average of seven years, with other similar statistics. Medical experts remain baffled. Today's column examines specific male health issues and provides updated information.

Heart disease

Cardiovascular disease (CVD) knows no gender. More than one in five people die of heart disease, with males being at a higher risk with a 52 percent average compared to women at 48 percent. Most CVD risk factors are similar for both sexes: cigarette smoking, excessive alcohol consumption, high blood pressure, high blood cholesterol, obesity, and inactivity.

Another "toxic" factor contributing to heart disease is hostility. Mounting evidence suggests people who have "hostile personalities" are at greater risk. Characteristics of a "hostile personality" include a basic mistrust of people, anger, and cynicism.

Hostile individuals see others as selfish and self-serving. This cynical perception feeds itself by generating more anger and hostility. The expression of anger also has a role in this emotional paradigm. Anger is not unhealthy; rather, it's expression can be. Chronic suppression of anger places undue stress upon the heart.

Health tips: Besides the common recommendations like "quit smoking," "lower fat intake," and "exercise," try to relax more. Talk yourself out of the tirade. Or, if you tend to bury anger, give yourself permission to let it out via talking, exercise, etc.

Prostate cancer

Prostate cancer is the most diagnosed cancer in United States. Approximately 40,000 men die of prostate cancer annually. And the news gets worse. By the millennium, a 90 percent increase is predicted.

Are there identifiable risk factors? Like most cancers, scientists remain unclear as to why people develop prostate cancer. Studies link prostate cancer, however, to families and "four chances of developing prostate cancer doubles if your father or brother suffered from the disease. Advancing age also increases your risk of developing prostate cancer. Interestingly, there has been a significant increase in cases of men in their 40s.

Like most cancers, early detection is essential. While prostate cancer is very curable, most men are unaware of its presents until late in the disease stage. Typically, prostate cancer is silent until its latter stages; then, it's spread beyond the prostate.

Health tip: Annual physical exams is the best preventative strategy. Your physician should know your family history which will aid her in the decision to diagnostically test for the cancer. This is especially true for men over 40 with a family history of prostate cancer and for African-American men.

Vasectomy

Just by hearing the word "vasectomy," men conditionally drop their hands and a grimace appears. Many men justify their resistance to the procedure by citing the dangers they read about. Let's cut to the chase (pun intended) and highlight what we know about vasectomies.

Vasectomies are the most effective method of contraception in comparison to tubal ligations, vasectomies are a less complicated procedure (in surgical procedure requiring hospitalization versus a 30 minute office visit). Studies linking vasectomies with prostate cancer remain inconclusive.

Most physicians agree that men with vasectomies are at no greater risk of developing prostate cancer. Each couple needs to make the decision themselves. By the way gentlemen, it's now safe to uncross your legs!

Our lifestyle choices, behaviors, and attitudes strongly influence these diseases and conditions. Make this Fathers Day happy by committing to take care of your body and give it the respect and protection it deserves.

Dr. Levick is a health psychologist and director of The Center for Child/Adolescent Management in Farmington Hills, Call (248) 655-5771 or email Levick@Qad.com.

Cosmetics may not aggravate acne

Many cosmetics never deserved a reputation of causing acne, according to a California dermatologist who says it's going to aggravate acne.

"There has been the assumption that over-the-counter cosmetics aggravate acne in women," said Dr. Patricia Engasser, a dermatologist for Kaiser Permanente Medical Center in Redwood City, California.

But improved methods for studying the products' effects on skin show that oil-based cosmetics do not plug the pores and are unlikely to cause acne in adult women.

In fact, according to a recent study, petroleum and moisturizing agents in cosmetics may even deserve praise as acne-clearing aids rather than blame as acne villains. In a study published in 1996, twenty patients found that their acne improved when they used petroleum jelly or cream on their faces for 22 weeks.

And Engasser noted that cosmetics on the ingredient lists of cosmetics "aren't a good

way of telling whether they aggravate acne or not. Just because something has oil in it, you can't assume it's going to aggravate acne."

The skin specialist said results of tests in the early 1970s on rabbit ears helped place the blame on cosmetics as acne inducers.

"Many people then labeled oil-containing products as bad for the skin," she explained.

Recently, the researchers that originally did the work revisited these findings, tested the products again, and concluded the problem wasn't as bad as originally thought.

"Oil-free cosmetics have no scientific basis," said Engasser in a report published in Family Practice News. These products "are not 'plugging the pores'."

In an interview with Reuters Health, Engasser pointed to other recent findings showing that the upper layer of skin - the stratum corneum - is not adversely affected by oily compounds,

including moisturizers with glycerin. Instead, when treated with such products, cells tend to lose less water and maintain their elasticity.

Moisturizing lotions can also prevent skin irritation, and help prevent the growth of bacteria.

"When skin becomes dry, it becomes less flexible and brittle. Glycerin may, in fact, make it more flexible, as does water," Engasser said. "Water is the primary thing that softens the stratum corneum, and usually that's how a moisturizer works - by helping to preserve water," she added. "But there's some evidence that glycerin itself may soften the skin - the stratum corneum - and make it more flexible."

"Manufacturers recognize women will complain about their skin being more sensitive (by cosmetics), and products are being aimed at reducing irritation and sensitivity," she said. "Today's cosmetics probably are less troublesome to the skin than before."

NEJM: Angioplasty is an option in heart attack emergencies

When a patient comes to the hospital in the throes of a heart attack, either clot-dissolving drugs or artery-clearing angioplasty can be used to restore blood flow to the heart.

And in some cases, angioplasty, a procedure in which a balloon-tipped catheter is used to clear fatty plaques from coronary arteries, may be a better choice, according to a report in The New England Journal of Medicine.

"If a skilled cardiologist is readily available and the patient can be treated rapidly, angioplasty may be preferable," wrote lead study author Dr. Stephen G. Ellis, of the Cleveland Clinic Foundation in Ohio.

The treatment for heart attack patients is most often clot-dissolving drugs, such as tissue plasminogen activator (t-PA), because they are available, clearly reduce mortality and have been used in more than a million patients in 10 years.

Yet, angioplasty is an option. And indeed the procedure may be a better bet for those with severe hypertension, advanced age or symptoms of a cerebrovascular disease, such as stroke.

Clot-dissolving drugs have a small risk of hemorrhagic stroke, or uncontrollable bleeding into the brain, that might put such patients at risk. In the GUSTO III trial (Global Use of Strategies to Open Occluded Coronary Arteries in Acute Coronary Syndromes), 1,188 heart attack patients from 57 hospitals were randomized to either treatment with angioplasty or with t-PA.

The study found 9.6 percent of patients treated with angioplasty died, had another attack or a disabling stroke a month following treatment, compared to 13.4 percent treated with t-PA. At six months after treatment, there was no difference in outcome based on the treatment.

It's healthy to partake in the joys of a Michigan summer

TALK TO THE MIRROR



FLORINE MARK

of-doors in summer like ducks to water.

In addition to the traditional boat-

ing and BBQs that are so popular during the summer, why not try one of the following for a change:

- Take a hike. Wake up early one day and take a hike through a state park. Try to catch the sunrise for a spectacular nature show.

- Small town flowers. Take a day trip to one of the many public gardens in our state. One popular show is the Garden Collection at Meadow Brook Hall in Rochester on June 13, 14 and 15. For details call 370-3140.

- Help a friend. To teach the importance of volunteerism to your kids, offer to clean-up the yard of an elderly neighbor and plant a few flowers to brighten their day.

- Escape to another time. Nothing is more relaxing than spending a few hours with a good book. Pick up the newest release and head for the nearest hammock, beach or easy chair. For at least a little while, you can forget all the pressures in your life and lose yourself in the lives of the characters.

- But if you'd prefer to stick to a sure bet. Invite some friends over and fire up the grill for a good old BBQ.

- You may think that only grilled chicken and fish can be healthy, but we would be cheating ourselves if we didn't throw a steak or burger over the coals every so often.

- If you do choose to grill beef, its OK, just look for the leanest cuts such as

the round, loin or select grade. Also remember to trim any visible fat before grilling.

The secret to spicing up your beef is in the marinade. Flavored vinegars, wines, yogurt and even salsa all work great.

The sun is shining, the flowers are finally starting to bloom and the summer is ours. Let's enjoy everything the season has to offer.

I love hearing from you! Please submit any questions, inspirational stories or suggestions for upcoming articles to: Talk to the Mirror, Weight Watchers Corporation, P.O. Box 9072, Farmington Hills, MI 48334-2974 or fax to (248) 553-7106.

HEALTHY LIVING

Healthy Living spotlights Oakland County-related health and medical news and information. To submit information write: Healthy Living, *Observer & Eccentric Newspapers*, 805 E. Maple, Birmingham, 48009. Fax: (810) 644-1314. Email: obrienm@online.com.

AWARDS

■ **CHILDREN'S WORK HONORED** Cardiofacial surgeon Ian Jackson, MD, director of the Institute for Cardiofacial and Reconstructive Surgery at Providence Hospital, received this year's Medical Science and Technology Award from Variety - The Children's Charity. He received the award at the fifth annual Gold Heart Ball at the Ritz-Carlton Hotel in Dearborn May 31. He was awarded for his efforts on behalf of children to whom he dedicates a large portion of his medical career and personal life to providing reconstructive services.

■ BIKARD HONORED

The American College of Physicians has elected Rajinder Sikand, MD, of Bloomfield Hills, to a fellowship based on his achievement in internal

medicine, the specialty of adult medical care. He is the medical director of Detroit Riverfront Hospital's Intensive Care unit.

LECTURES & TALKS

■ HEART RETREAT

The Meadow Brook Health Enhancement Institute at Oakland University will hold its second heart enhancement weekend retreat June 20-22. The retreat is an intensive program, primarily designed for people who have heart disease, but is also open to individuals interested in learning about heart disease prevention. Space is limited. For more information and application forms call (248) 370-4390. n Think trim

If you would like to be trim for summer, "Think Trim - Be Trim - Stay Trim" an alternative to dieting, will be presented at the Community House in Birmingham, 380 South Bates, from 7:30-9:30 p.m. The fee for the program is \$16. Through this program, participants learn how to reduce bad eating behaviors and control those inner battles over

food. They learn how to think and be trim, to register call (248) 644-5532.

■ HOME CARE

Renaissance Home Health Care will hold its 9th annual "Home Care for Kids" Golf Classic July 7 at Katk Cousins Golf Course at Oakland University in Rochester Hills. The lunch and dinner will be held at Meadowbrook Manor. They are also having a luncheon and tour of the major option for \$35 per person. The outing, which will cost \$195 per person, will benefit uninsured moms and babies. The price includes 18 holes, cart, dinner and door prizes. For information contact Melissa Balch Osborn at (248) 659-6440.

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ONGOING PROGRAMS

■ **TEEN WEIGHT HELP** During the month of April, anyone ages 10-18 can join any Weight Watcher's in Michigan for free with a paying adult. The program is designed to help teens establish life-long

healthy eating habits. The teen may attend meetings for free if the paying adult attends consecutive meetings. A \$10 fee will be charged for printed materials. For more information, please call (800) 851-6000.

■ KIDS' HEALTH

Southfield Pediatrics and the Franklin Racquet and Fitness Center in Southfield are joining forces and offering a "Home Care for Kids" program called Keeping in Dynamite Shape (KIDS). Children ages seven and older learn the importance of physical exercise, improved self-esteem and body image. To join, children should have had a physical exam within the previous year. They can then begin attending one-hour sessions at the Franklin Fitness Center once or twice a week. The sessions are offered Monday and Wednesday at 3:30 p.m. Cost is \$59 per month for once a week and \$70 a month for twice a week. For more information call Heather Rich at (810) 368-0420.

■ WELL CHILDREN

Oakland County Health Division's Child Health Confer-

ences provide free, ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 14 locations throughout Oakland County. Services include heights and weights, physical examination, immunizations, vision, hearing and lab tests, growth and development screening and counseling. For more information call (810) 868-1311 for northern Oakland County or (810) 424-7096 for southern Oakland County.

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WHAT'S NEW

■ **BIPOLAR STUDY** The Davis Counseling Center and Michigan Youth and Family Development in Farmington Hills are launching a study of the long-term effects of early diagnosis and treatment on bipolar disorder in children. The center is looking for children under 6-years-old to participate in the first-ever study. For information, families should call (248) 553-8550.