

# HEALTH & FITNESS

SUNDAY, JULY 13, 1997 • PAGE 5 SECTION D



FLORENE MANN

## Eating right doesn't take a lot of time

Between Little League games and swim meets, there never seems to be enough time to prepare — much less enjoy — a healthy family dinner. But fixing dinner doesn't have to be time consuming. Here are dozens of fun, attractive and healthy meals you can prepare quickly and easily.

### Some Easy Favorites:

**Top-Your-Own Spud Night** — Assemble a baked potato bar for your family. Cook potatoes in the microwave and put out bowls of terrific potato toppers like chopped cooked broccoli, sliced green onions, salsa, beans, chili, shredded cheese, low-fat cottage cheese, nonfat sour cream and even chopped leftover chicken beef or pork.

**Pasta and Sauce** — Spaghetti with tomato sauce is a favorite of both children and adults alike. For variety, choose fun shapes (wagon wheels, spirals, etc.). Add lean ground beef or turkey if you wish.

**Chinese Stir-Fry** — In a nonstick skillet, stir-fry chicken, beef, pork or seafood in a little vegetable, sesame or peanut oil. Season with soy or teriyaki sauce thickened with a little corn starch. Add a bag of frozen Oriental vegetables, heat and serve over cooked rice or noodles.

### No Cooking Nights:

**Tortilla Sandwich** — spread a soft flour tortilla with reduced-calorie creamy Italian dressing. Add a slice of turkey breast or reduced-fat cheese. Pile on the fresh veggies such as shredded lettuce and carrot or sliced tomato, onion, cucumber and sweet peppers. Roll everything up, eat and enjoy!

**Salad Surprise** — To a prepackaged salad mix, add whatever strikes your fancy or whatever you have on hand including drained canned tuna, sliced deli meat, canned beans, cheese or any leftover meat. Serve with crackers or breadsticks.

**Meal from a Mix** — A packaged convenience mix can be part of a nutritious meal with a couple of tickets. For example, use low-fat or skim milk and reduced-calorie margarine in a macaroni and cheese mix. For added color and texture, add a handful of your family's favorite vegetables, like steamed broccoli or chopped tomato, onion or sweet pepper.

Eating less fat and more fruit and vegetables is good for everyone in your family, but what may differ is the portion sizes each person needs.

**Healthful Portion For You:** Half Your Plate — Fruits and vegetables.

Quarter — Grains or starchy foods.

Quarter — Meat or protein.

**Portions For Your Children:**

Let your child's appetite determine how much food they consume. Start children out with portions reasonable for the age — from a few tablespoons for toddlers to half an adult portion for older kids. If they are still hungry, they can always take more.

Eating well is only one part of a family's healthful lifestyle. Regular physical activity is another. Look for fun ways to fit more activity into your family's life.

**Plan Active Family Outings** — Visit the zoo, tour a botanical garden or science museum, go fly a kite. Choose leisure activities that keep you moving.

**Check Out Your Park and Recreation Calendar** — Learn about new sport or join a recreational league. Many communities offer guided hiking tours geared toward families.

**Get Back To Nature** — State and national parks are the perfect spots for hiking, canoeing or camping. Take a trip to a local farm to pick apples or other fruit.

**Plant a Vegetable Garden Together** — You'll get exercise as you weed and dig and there will be tasty rewards come harvest time. Don't have a green thumb? Start out small. Tomato or bean plants are great for beginning gardeners.

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

## Alzheimer's gearing up for zoo Memory Walk

The Southfield-based Alzheimer's Association is asking those who want to help raise money to find a cure, to get their sponsors ready for the 1997 Memory Walk.

The 1997 Memory Walk, one of the Alzheimer's Association's annual fund-raisers, will be held Aug. 23 at the Detroit Zoo at 10 Mile and Woodward, in Royal Oak.

But organizers hope people will start planning now to line up as many sponsors as possible.

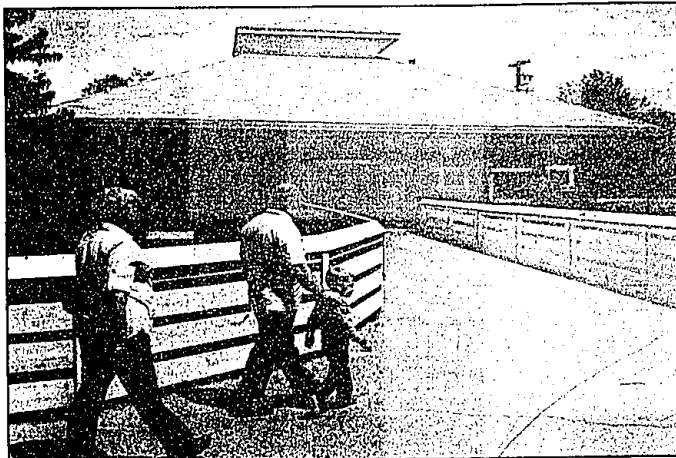
For a \$5 registration fee and at least \$25 in pledges, walkers get into the zoo for the sponsored walk and be able to spend the rest of the day there. The Association would like each walker to set a goal of \$100 in pledges. Registration starts at 8:15 a.m. The day's fare will include refreshments and entertainment.

Prizes that will be given away on the day of the walk include sets of plane tickets to Reno, Las Vegas and a set of Continental tickets to anywhere the airline flies. A 25-inch color TV, a man's watch and a mountain bike, as well as other prizes, will be given away.

For more information on the walk, or to order materials, call the Memory Walk Hotline at (248) 557-8277.

Alzheimer's disease is a disorder of the brain that gradually destroys mental capabilities. It is the most common cause of what was formerly called "senility." The disease is progressive, and at this time, there is no known cause or cure.

It is estimated that more than four-million middle-aged and older adults in the United States are victims of the disease. In the Detroit area alone there are more than 60,000 people who are afflicted.



Zoo walk: For a registration fee of \$5 and pledges of at least \$25, you can spend a day at the Detroit Zoo while raising money for the Alzheimer's Association.

## Institute for Health Care Quality has info on Web

The Institute for Health Care Quality, Inc. (IHQ) has established a web site on the Internet that provides up-to-date information about the company and the Quality-FIRST clinical decision-support guideline software. The site address is <http://www.ihq.com>.

This web site offers ready access to detailed information about the recently patented, interactive Quality-FIRST clinical decision software to support best practices, promote consistency and facilitate risk management for health care providers and care managers. The web site is also a starting point for IHQ's commitment to developing an interactive communication tool for Quality-FIRST topics to obtain the most recent product release

information, learn more about product additions and enhancements, read the latest news releases, access the on-line training schedule, learn about the business partner program, e-mail IHQ with questions and much more.

Please note: IHQ's web site uses frames, which are not supported by older versions of Netscape (before version 3.0).

QualityFIRST Guidelines are interactive, evidence-based clinical information management software products that help physicians and health care managers in HMOs, provider networks, managed care organizations and insurance companies confirm, select and document appropriate diagnoses and clinical treatments for patients, and manage resources consistently and efficiently.

## New therapy for early lung cancer

Some patients with small, early-stage lung cancers can be spared surgery and treated effectively with photodynamic therapy, according to a study by a Mayo Clinic lung specialist.

If current results hold, photodynamic therapy could develop into a cost-effective alternative to surgery for small, squamous-cell lung cancers that have not penetrated the bronchial wall. Dr. Denis Cortese and his colleagues concluded. Results of their study involving 21 lung-cancer patients are published in the July issue of Mayo Clinic Proceedings.

Over the last few years, surgeons have become more conservative in treating early-stage lung cancer. They have reduced the amount of tissue they remove, especially in patients whose breathing is already compromised, without substantially affecting survival rates.

"Our hypothesis was that photodynamic therapy could reduce the risk of surgery, preserve lung tissue and decrease costs without sacrificing therapeutic effectiveness," said

Cortese, a thoracic diseases specialist at Mayo Jacksonville. "Our goal was to determine how many patients could ultimately be spared surgery."

Photodynamic therapy is a two-step, outpatient procedure that involves injecting a light-activated drug that targets cancer cells and, several days later, exposing the cancerous tissue to a certain spectrum of light. The light "switches on" the drug, destroying the cancer.

Eighteen men and three women ranging in age from 53 to 81 years underwent photodynamic therapy at Mayo Clinic in Rochester, Minn. They received a light-sensitive drug, hematoporphyrin derivative, two to four days before their lungs were exposed to light from an argon dye laser. At first, cancer disappeared in 71 percent of patients. After a year, 52 percent still had no detectable lung cancers. The Mayo researchers have followed the patients from two to almost 10 years, and 43 percent have been spared surgery.

Lung cancer is the leading

cause of cancer-related deaths in men and women in the United States. The American Cancer Society estimates about 94,000 men and 66,000 women will die of the disease in 1997. Lung cancers are divided into two types: small cell and non-small cell. The cancer cells in each type grow and spread differently and are treated in different ways. Non-small cell lung cancer is more common and is usually associated with smoking, passive smoking or radon exposure.

The five-year survival rate for all stages of lung cancer is 14 percent, according to the American Cancer Society. Five-year survival for all early-stage cancers, which are found and treated before spreading to lymph nodes or other organs, is 48 percent. Five-year survival rates for early-stage, squamous-cell lung cancer range from 69 to 75 percent with conventional surgery and 54 to 66 percent with minimal surgery. Unfortunately, only 15 percent of lung cancers are found in the early, localized stage.

## 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: [obrien@oeconline.com](mailto:obrien@oeconline.com).

## AWARDS

### OSTEOPATH HONORED

Steven Faine, administrator for Professional and Support Services at Botsford Hospital, was awarded the Michigan Osteopathic Association's Presidential Citation Award at the organization's annual meeting recently. Faine, who has been at Botsford since 1983, was cited for his leadership in initiating the Alliance for Immunization to ensure that at-risk children obtain the necessary immunizations.

## LECTURES & TALKS

### HEARING SEMINAR

Oakland Audiology is sponsoring a free Sonar hearing health seminar at 1 p.m., July 16 at the Troy MedMax store at 6843 Rochester Road. The seminar will focus on what 3M technologies are available to help common hearing problems. Space is limited, so please call (248) 828-2819 for reservations. Refreshments will be provided.

**BALANCE CAREER**  
Providence Medical Center in

Farmington Hills is offering the class, "Balance a Career and Family and Still Have a Life" for men and women to learn how to commit to strong relationships in a world of increased technology and demands. The class will run from 7-9 p.m., July 16 and costs \$10. Call 1-800-968-5595 to register.

### NEW DADS

A Beaumont Hospital class for "Dads Only" will teach the basic care and safety techniques for a baby's first year of life. The class will be held from 7-10 p.m., July 17 in classrooms C&D of William Beaumont Rehabilitation Center in Birmingham, 746 Purdy. The class is \$20. To register, call 1-800-633-7377.

### BABY CARE BASICS

New parents or those looking for a refresher in how to bathe, feed and keep a baby safe can join a class at Providence Medical Center in Novi. The class will run from 1-3:30 p.m., July 19 and will cost \$20. To register, call 1-800-968-5595.

### BREAST FEEDING

Beaumont Hospital is offering monthly breast feeding preparation classes. The next one will run from 7-10 p.m., July 22 in rooms A&B of the Beaumont Medical Building, 6900 Orchard Lake Road, West Bloomfield. The class is \$20. To register, call 1-800-633-7377.

### EYE SURGERY

Henry Ford Health System ophthalmologist David Manzo

will conduct a free eye surgery seminar at 7 p.m., July 24 at the Henry Ford Medical Center in West Bloomfield. The center is located at 6777 West Maple Road. He will discuss rapid keratotomy, photo refractive keratotomy and laser in-situ keratomileusis. To register, call 1-800-363-7575.

### CHILD BIRTH REFRESHER

There will be a one-session review of labor and delivery process and relaxation and breathing techniques for expectant couples from 9 a.m. to noon, July 26 at the Beaumont Medical Building in West Bloomfield. The building is at 6900, Orchard Lake Road. Fee is \$20. Call 1-800-633-7377 to register.

Breast feeding prep A two-hour class providing information and encouragement to expectant mothers as they prepare to breast feed, is being sponsored by Beaumont Hospital in Southfield. The class will be held from 7-9 p.m., July 29 at the hospital in Southfield. It will cost \$15. For information call 1-800-968-5595.

**WEIGHT REDUCTION CLASS**  
Learn to lose weight, burn fat, make new habits and use calorie-free stress reducers at the weight reduction class sponsored by the Oakland County Health Division. The free class will meet five consecutive

Tuesdays from 6:30-8:30 p.m., Aug. 26 and Sept. 2, 9, 16 and 23 at the division's west office classroom, 1010 E. West Maple Road, Walled Lake. You must preregister by calling (248)

645-1150, ext. 85316. Class size is limited.

### NEW DADS

A Beaumont Hospital class for "Dads Only" will teach the basic care and safety techniques for a baby's first year of life. The class will be held from 7-10 p.m., Aug. 5 in classroom F of William Beaumont Hospital, 44201 Dequindre Road, Troy. The class is \$20. To register, call 1-800-633-7377.

## ONGOING PROGRAMS

### WELL CHILDREN

Oakland County Health Division's Child Health Conferences 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) 858-1311 for northern Oakland County or (810) 424-7068 for southern Oakland County.

## WHAT'S NEW

### MAHA RELATIONS

Rhea Heil was recently elected public relations director of the Michigan Association of Hospital Auxiliaries at its annual meeting. Heil has volunteered

more than 15,000 hours during 34 years of volunteering at Grace Hospital.

### 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.

### MANAGED CARE STUDY

Dr. Kathleen Yaremchik, an otolaryngologist at Henry Ford Hospital was elected to the National Committee for Quality Assurance Practicing Physicians Advisory Council. As a member of the council, Yaremchik will identify areas for improvement in managed care systems. She is a resident of Bingham Farms.

### NEW OPTOMETRY OFFICE

Henry Ford/First Optometry has moved its Lake Orion office to a larger office next door. The new location is 684 S. Lapeer Road and will bring new services and expanded hours. Among the new services are same-day contact lens fitting for most prescriptions. An on-site lab will allow many patients to receive new glasses in an hour. The office will be open from 8 a.m. to 4 p.m., with evening appointments in addition to regular weekday hours of 8 a.m. to 6 p.m.