

# Use web to get your own 2nd opinion



MIKE WENDLAND

Steve Dunn of Boulder, Colorado, didn't believe his doctor when he was told that there just wasn't much that could be done for his kidney cancer. So he took to the World Wide Web and found a way to get experimental multidrug treatments that, claims Dunn, melted his tumors.

Dunn's cyberspace trek to health is chronicled on a Web site he set up ([www.cancerguide.org](http://www.cancerguide.org)).

In Tynesale, England, 67-year-old Clifford Sanderson also had kidney cancer. He also was told by his doctor to basically go home and die, that there wasn't much that could be done because of his age and the extent to which the cancer had spread. He didn't believe his doctor, either.

Sanderson found Dunn's Web site and then a doctor who was willing to give him the same experimental drugs Dunn found. Now, both men are alive and their cancers in remission.

Welcome to do-it-yourself medical research, one of the Internet's fastest growing areas. Each week, literally hundreds of new medical and health sites are coming online. A survey I did that analyzed usage patterns at a large Midwest health information site found that nearly 40 percent of all the users visited a health or medical site within the past month.

I spent most of last week in St. Petersburg, Florida at a journalism think-tank, the Poynter Institute for Media Studies, helping teach a group of medical journalists how to use the Internet to research and background their stories.

"I'm finding that my readers are starting to be more on top of my beat than I am," the medical reporter for a large

newspaper in the Pacific Northwest told me. "They're using the Internet to stay informed and even passing along tips to me. I am amazed at what's online."

How are consumers using the Net for their health-related interests? Take the case of Connie, a 50-year-old Troy woman who, a couple of months ago, became concerned about irregular and excessive menstrual bleeding. Connie sent me an e-mail that described her Net education. As she explained, her regular gynecologist was on vacation when she had her problem. She made an appointment with his associate, examined her and ordered an ultrasound. He told her to come in for an appointment in two days time.

"I hate it when they do that," said Connie. "You end up not sleeping, imagining the absolute worse case scenario."

So Connie went to the Net. She visited Healthfinder ([www.healthfinder.gov](http://www.healthfinder.gov)), a U.S. government site that calls itself a "gateway to consumer health."

Says Connie: "Just by clicking and searching the sites they linked to, I found my condition was not that unusual, a normal part of a woman's path through menopause and I was able to rest easy until I saw my doctor, knowing that I was probably at the beginning stage of my menopause."

Other extensive collections of medical health information include:

• Healthweb ([healthweb.org](http://healthweb.org)), a site created by librarians from medical schools. It tends towards the technical but, in terms of medical research, it's probably one of the top sites for solid, reliable state-of-the-art medical information.

• PubMed ([www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)), a huge online list of medical sites and Internet resources maintained by the U.S. National Library of Medicine.

• Medscape ([www.medscape.com](http://www.medscape.com)), one of the oldest and most popular Internet sites for consumer health information.

**PC Mike's Dynamic Page**

Computer/Net News you can use!  
Personal Investment Software keeps wall Street busy

With Wall Street's wild ups and downs, interest in personal investing has never been so high. And one reason for those record highs and sudden drops according to analysts... is the growing number of people who handle their own buying and selling with their personal computers. Read Mike's take on the popular "Window on Wall Street" software package in his High Tech Talk report as seen on CNBC and NBC-TV stations this week.

**PCMike: You can check out Wendland's Web site at [www.pcmike.com](http://www.pcmike.com).**

- Oncolink ([oncolink.upenn.edu](http://oncolink.upenn.edu)), a very comprehensive site with information on all types of cancer maintained by the University of Pennsylvania.
- The Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)), health info about AIDS, influenza, communicable diseases, traveling abroad and the latest statistics on death and disease in the U.S.
- The American Medical Association ([www.ama-assn.org](http://www.ama-assn.org)), which offers a very popular feature called "Physician Select." It's a database of all licensed physicians in the nation. It allows you to look up doctors by specialty, zip code or both.
- Ask the Doctor ([www.healthnet.com/ask.htm](http://www.healthnet.com/ask.htm)), where you can ask general medical questions of real doctors.
- Drug InfoNet ([www.druginfonet.com/askmd.htm](http://www.druginfonet.com/askmd.htm)), where you can learn about side effects and dosage info about various prescription drugs.

These sites are all detailed and among the Net's most responsible. In turn, from them, you can locate hundreds of other medical, health and fitness sites.

But ... Be careful. There is also a lot of dubious information out there. That's why I recommend a site called Quackwatch ([www.quackwatch.com](http://www.quackwatch.com)). Maintained by a real doctor, this is a site that exposes the many irresponsible or questionable sites. Among the key things Dr. Stephen Barrett's site says consumers should be skeptical about are sites that push dietary supplements and vitamins.

Mike Wendland covers the Internet for NBC-TV's *NewsChannel* stations across the country and can be seen locally on WDIV-TV4, Detroit. His "PC Talk" radio show airs Saturday and Sunday afternoons on WXYT-Radio AM1270 and he is the author of a series of Internet books (call 888-222-1866). You can reach him through his Web site at <http://www.pcmike.com>.

## Mittra from B4

themselves they do not constitute sufficient conditions for ultimate success. A planner must also be highly creative in dealing with special and challenging situations that are usually present in every planning case.

### C7 - Caring personality

Finally, a planner must be a caring person.

This quality can never be over-emphasized. A technical person knows how to solve a problem.

A creative person can create an answer to a complex question where one does not exist.

But a caring person can determine what is best for the client and helps them take the necessary steps to accomplish his or her objectives.

More specifically, the planner recognizes that clients are frequently victims of their own circumstances and often do not even know what types of problems they are facing.

## Change from B4

managers whose new assignments reflect our continuing commitment to support our customer's needs with strong management teams."

Handelman Company has annual sales in excess of \$1 billion.

The Company's 3,700 employees ship products to approximately 16,700 retail departments from distribution facilities located in the United States, Canada, Mexico, Argentina and Brazil.

knowledge

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## What does it cost?

Is vision included? What about prescriptions?

Is there any deductible? If you have questions

about health insurance and Medicare supplements...

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presentation on Medicare Gold at any of the

neighborhood Sign of the Beefcarver locations

listed or at the Macomb Hospital Center,

Executive Office Building Auditoriums A & B.

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ignorance  
is bliss.

SelectCare Medicare Gold is a Health Maintenance Organization (HMO) with a Medicare contract. Anyone with Medicare living in Wayne, Oakland or Macomb County may apply. You must continue to pay Medicare Part B premiums and use plan providers. Up to a \$1,000 annual limit on prescriptions. A sales representative will be present with information and applications.

## Franklin

from B4

participation of all family members.

2. Take 20 minutes prior to the start of the week to plan both your professional and family goals. Then plan in solitude for 10 minutes at the start of each day.

3. Share your schedule with your entire family and be aware of what is happening in each person's week.

4. Draw boundaries between work and home.

If you are at work, BE AT WORK, focused on what you must do that day. If you are at home, BE AT HOME. If you are out playing catch in the backyard with your son, don't keep your cell phone in your pocket.

5. At least once a month, schedule one-on-one bonding time with each family member.

6. Plan regular family dinners and keep them positive. The dinner table is not the place to take disciplinary action or to bring up negative issues that can be discussed at a later time.

7. Once a week, plan a fun family activity. Involve all members in the planning and make sure that work doesn't interfere with what you promise you will do.

8. Remember to revitalize yourself physically, mentally, emotionally, and spiritually. Each week you could choose to: exercise, read a book, mend a relationship, connect with nature, or write in a journal.

"People who learn how to prioritize their family life become more productive at work," says Covey. "They are creative forces in their families and in their whole lives. That's what bosses want and companies want," says Covey.

"Look at life as a whole. Determine your multiple priorities such as work, family and personal life and then schedule activities which you must do to serve each of those roles."

"You don't have to quit your job, you just have to know when to end it each day. Work your guts out while at work. Then when you're home, be at home," Covey says.

"No one on their deathbed ever wished they had spent more time at the office," Franklin Covey says. 121 Franklin Covey 7 Habits Stores throughout the U.S. which provide individuals, families, and organizations the tools for effective living.

Franklin Covey has more than five million users of the Franklin Day Planner and the 7 Habits Organizer and has more than 15 million books in print worldwide, including their latest best-seller, "The 7 Habits of Highly Effective Families" by Stephen R. Covey.

### Sign of the Beefcarver locations:

**Allen Park**  
Southfield Rd. (between Dix and Allen)  
01/07 at 2:30 PM  
01/14 at 2:30 PM  
01/21 at 2:30 PM  
01/28 at 2:30 PM  
02/04 at 2:30 PM

**Dearborn**  
Michigan Ave. (east of Outer Drive)  
01/06 at 2:30 PM  
01/13 at 2:30 PM  
01/20 at 2:30 PM  
01/27 at 2:30 PM  
02/03 at 2:30 PM

**Mt. Clemens**  
Gratiot and 16 Mile Rd.  
01/08 at 2:30 PM  
01/22 at 2:30 PM  
02/05 at 2:30 PM

**Madison Heights**  
14 Mile Rd. (across from Oakland Mall)  
01/06 at 2:30 PM  
01/13 at 2:30 PM  
01/20 at 2:30 PM  
01/27 at 2:30 PM  
02/03 at 2:30 PM

**Sterling Heights**  
M-59 (west of Schoenherr)  
01/09 at 2:30 PM  
01/23 at 2:30 PM  
02/06 at 2:30 PM

**Bloomfield Hills**  
Woodward Ave. (north of Square Lake Rd.)  
01/07 at 2:30 PM  
01/14 at 2:30 PM  
01/21 at 2:30 PM  
01/28 at 2:30 PM  
02/04 at 2:30 PM

**Eastland**  
8 Mile and Kelly  
01/15 at 2:30 PM  
01/29 at 2:30 PM  
  
**Royal Oak**  
Woodward (north of 11 Mile Rd.)  
01/08 at 2:30 PM  
01/15 at 2:30 PM  
01/22 at 2:30 PM  
01/29 at 2:30 PM  
02/05 at 2:30 PM

**Warren**  
Van Dyke (north of 12 Mile Rd.)  
01/16 at 2:30 PM  
01/30 at 2:30 PM

**Westland**  
Wayne and Cowan Rd.  
01/08 at 2:30 PM  
01/15 at 2:30 PM  
01/22 at 2:30 PM  
02/05 at 2:30 PM

**Macomb Hospital Center** 12000 E. 12 Mile Rd., Warren  
Executive Office Bldg. Auditoriums A and B (12 Mile Entrance)  
01/06 at 10:00 AM Auditorium A  
01/13 at 10:00 AM Auditorium A  
01/20 at 10:00 AM Auditorium B  
01/27 at 10:00 AM Auditorium A  
02/03 at 10:00 AM Auditorium A