

OAKLAND COUNTY HEALTHY LIVING

Headaches forum

Effective help is available for the 50 million Americans who suffer from head pain, according to Joel R. Saper, M.D., F.A.C.P. Saper will be in Troy on Tuesday, April 7 to speak at a forum entitled, "Migraine and Other Headaches," presented by the Head Pain Association of Michigan.

The program will run 7 p.m.-9 p.m. at the Northfield Hilton in Troy. The forum is free and open to the public. To register or for more information, call 1-800-612-5733.

Saper, a board-certified neurologist and internationally recognized speaker, author and educator, is director of the Ann Arbor-based Michigan Head Pain and Neurological Institute (MHN), which is the only nationally accredited pain treatment facility in the United States.

At the upcoming forum, Saper will discuss the latest facts and myths about head pain causes and cures, including current treatments for adults and children, new research, the role of hormones and the impact of pain on families. His presentation will be followed by a panel of medical experts that will join Saper to answer questions from the audience. The panel will include Barbara Brannan, Ph.D., Supervisor of Neuropsychology Services at MHN; James R. Weintraub, D.O., Director of the Sleep Disorders Program at St. Joseph Mercy Hospital; and Steven B. Silverman, M.D., Director of the Michigan General Pain Division.

Also present at the forum will be members of the Head Pain Association of Michigan, a non-profit organization dedicated to providing information and support groups for those suffering from head pain.

Vision seminar

Learn how laser vision correction can reduce dependence on glasses and contact lenses at a free seminar, "LASIK - Better Vision in the 90s." The seminar will be held at 7 p.m. Wednesday, March 25 at the Henry Ford Medical Center - Troy, 2825 Livernois Road.

David Bogorad, M.D., a Henry Ford ophthalmologist, will discuss how LASIK and PRK surgery can help people with nearsightedness. He will cover the causes and treatments of nearsightedness and astigmatism, the history and evolution of the procedures, expected results and possible side effects. Interest-free payment plans also will be discussed. Interest-free payment plans also will be discussed.

Physicians perform LASIK and PRK by using a laser to reshape the eye's cornea. Candidates must be at least 18 years old and have a stable eyeglass prescription with no significant changes over the past two years. Patients with cataracts, glaucoma or other eye diseases are not candidates for laser vision correction.

For more information or to make a reservation, please call 1-800-363-7575.

Taoist Tai Chi classes

A spring session for Taoist Tai Chi classes will begin Monday, April 6 at various locations in the Metro Detroit area.

Learn wonderful, helpful, ancient movements that will provide improved health, strength and balance. Sessions are scheduled to be held in Bloomfield Hills, Farmington and Livonia.

Call (248) 332-1281 for specific meeting locations, dates and times, and fees.

Asthma discussion

Borders Books and Music in Farmington Hills will be the site for an upcoming discussion on asthma.

Steven V. Strick, M.D., of the Nov-based Allergy and Asthma Center of Michigan, will give a talk on asthma at 7 p.m. Wednesday, April 8. Strick is a board-certified specialist in asthma and allergic disorders who treats both adults and children.

A question-and-answer session will follow the talk. Books on asthma and allergies also will be available.

The community is invited. For more information call Borders Books and Music at (248) 737-0110. The store is located at 30995 Orchard Lake Road.

The Treehouse

The Treehouse for Earth's Children in Farmington (22908 Money Street) will begin conducting its "Raw & Live" food classes on Wednesday, April 1.

Seven classes will be held each Wednesday at a cost of \$7 per class or \$42 for all seven. The seventh class of the day will feature a raw-live food buffet from 7 p.m.-9 p.m. For more information, call The Treehouse at (248) 473-0624.

(Healthy Living spotlight: Oakland County-related health and medical news. For more information, write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham MI, 48009. Or fax: (248) 644-1314.)

New program assists older adults

Thousands of older Americans who suffer from some degree of memory loss. But how do you know if memory loss is just simple forgetfulness or if it is related to a more serious health condition?



adults.

The Memory Program is currently providing office appointments every Wednesday between 1 p.m.-5 p.m. at Maplegrove Center, located at 6773 W. Maple Road in West Bloomfield (on the campus of Henry Ford Medical Center - West Bloomfield). A physician referral may be necessary. For more information or to make an appointment, call (248) 681-6100.

The Memory Program takes a comprehensive approach to evaluating memory problems and offering individualized treatment plans to preserve cognitive functions. A team composed of a geriatric psychiatrist, nurse practitioner and neuropsychologist work together to evaluate patients, compile a thorough patient history, diagnose the cause of the memory problem and develop a treatment plan.

According to John Campbell, M.D., Henry Ford's director of neuropsychiatry and geriatric psychiatry, there are many causes of memory disturbances including side effects from medication, and medical conditions such as hypertension and depression.

Signs of memory loss can include:

- Forgetfulness.
- Disorientation in familiar settings.
- Difficulty keeping a tidy house.
- Personality changes.
- Difficulty operating motor vehicle.
- Depressed mood.

Treatments for memory loss vary based on the underlying causes. To help individuals with simple forgetfulness, a series of "Growing Wiser" seminars focusing on healthy living habits will be offered in conjunction with Henry Ford's Senior Health Education in the coming months. Memory loss due to Alzheimer's Disease or dementia may require medical treatment.

"Memory loss does not necessarily indicate Alzheimer's Disease. It may just be the natural result of growing older," Dr. Campbell said.

"Older Americans rightfully expect their senior years to be a fulfilling time to relax and enjoy life. With the Memory Program, we can improve quality of life for patients and preserve their autonomy by determining the causes of their memory problem and take steps to treat those causes."

Help your child enjoy the benefits of exercise

Question: I'm the mother of two overweight teenage girls. Both of my daughters, like myself, have always had a weight problem. I don't want my children to battle with obesity the way I have. How can I help them to see the benefits of exercise without looking like a mom obsessed with today's standards of staying thin?



MYRNA PARTRICH

Answer: First of all, there is a big difference between an unhealthy obsession with weight and a genuine concern for your children's future health. If there is a real problem, and from your letter the issue of weight seems to be of a hereditary nature, then there are many ways to help kids battle the bulge without appearing too obvious.

According to a University of Michigan study, children in our state are higher than the national average when it comes to obesity. Please pardon my play on words, but because of that study alone your concern may weigh just that much more heavily on your mind - especially when 18 percent of girls and 19 percent of boys ages 12-19 in Michigan were found to be obese.

So, where do we begin? First, since family fitness isn't a priority in most families, you need to take an active approach. That means participate in your children's regimen, and you'll find yourself feeling better physically as well.

Next, make fitness fun! Find an activity that you can all do together, like walking, swimming or biking. Buy a funny dance tape, blast the music and dance your feet off. You'll not only have a lot of fun but will have some memorable times, too.

Let fitness also be a part of your daily routine. Take the stairs instead of the escalator or elevator or walk an extra time or two around the mall when shopping. Perhaps, during warmer weather, hike with your errands and let those errands become a "family fun time." Maybe you'll all forget that you're actually exercising.

Furthermore, everyone knows that the weather in Michigan doesn't always cooperate, so try to find activities that will keep the blood pumping and the excitement high during warmer weather, hike with your errands and let those errands become a "family fun time." Maybe you'll all forget that you're actually exercising.

Remember, moderation is key! This is especially true when just starting out on an exercise program. Not only is it important to change your daily exercise routine, your diet should be changed as well. Try to eat the same healthy things as your children, such as plenty of fruits and vegetables, drink a lot of water and most importantly, don't keep lots of "temptations" around the house. You know what they are; they will just keep the whole family from achieving its personal goals.

Changing lifestyle eating habits can be difficult. Don't call it a diet! Dieting can be a "bad" word for a lot of teens, so adapting new and healthy eating habits should be interesting enough so they will want to carry them on through adulthood. Just think, if they start to feel good about themselves now and see that you feel the same way, you may have actually succeeded in starting a permanent trend toward future good health in your family!

(Myrna Partrich is co-owner of The Workout Co. in Bloomfield Hills. She is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation. Send questions or comments for Myrna to: Myrna Partrich, 805 E. Maple, Birmingham MI 48009.)

New technology — The eyes have it



Dr. Ray A. Salerno, a primary care optometrist, has introduced some new technology into his Birmingham-based practice - the DIGIVID 2000. Dr. Salerno recently purchased the innovative type of digital imaging system, which could revolutionize your next visit to the eye doctor.

The DIGIVID 2000 is the creation of Geoff Kohn and Mark Newkirk, co-founders of Heliosis Inc., a small company based in Northeast Ohio. "One of the most important functions of the DIGIVID 2000 is patient education and photo documentation," Dr. Salerno said.

"With this technology a doctor can give a patient an eye exam, then give that patient his or her own copy of the full color printout immediately afterwards. Then the doctor can show the patient exactly where a problem is.

This system was really designed with both the doctor and the patient in mind."

The DIGIVID 2000 is a computer system that can be linked to existing slit lamp biomicroscopes, which are commonly used for eye exams.

The system, which consists of a computer, monitor, camera, color printer, keyboard, and mouse and foot controls, translates what the doctor sees in his or her microscope into a full-color screen image.

That image can then be saved on the computer and printed through a high-resolution color printer with a stroke of the keyboard. Dr. Salerno's office is located at 742 Old North Woodward in Birmingham. Call (248) 644-0644 for an appointment or more information.

It's no yolk! Eggs can play role in a well-balanced diet

Whether it's the hard-boiled egg sitting on the Passover Seder plate or the dyed egg nestled in an Easter basket, eggs generally play a traditional and important dual holiday role.

Eggs, perhaps more so than any other single food item, are highly symbolic in that they remind us of new beginnings and the emergence of spring. Once perceived as a food to steer clear of, nutrition experts today believe that eggs can fit into a well-balanced diet.

Moderation is the key. There is no reason why we shouldn't include eggs in our overall healthy eating plan. They're extremely versatile, high in protein, naturally low in sodium and loaded with vitamins and minerals. That's not to say they're the "perfect" food. We haven't quite discovered that yet.

Just don't base your daily protein intake entirely on eggs since they do contain cholesterol (213 milligrams) and have about 4.5 grams of total fat (per large egg) compared to three grams that a three-ounce skinless chicken breast contains. Enjoy eggs by all means; just don't overdo it.

Here are some important tips that I hope are "eggsactly" what you're looking for:

- At the market, check the egg carton date. All eggs packaged in a USDA-inspected plant must show a Julian calendar date. January 1 would read "365" on the carton. This shows when they were packed. Plan to keep eggs only 4-5 weeks beyond this date.

- Buy only refrigerated eggs and keep them refrigerated in their original carton once you get home. Eggs retain their freshness if refrigerated at 45 degrees or below. Never store eggs at room temperature. It's a myth that the freshness of eggs can be determined by placing them in salt water.

- Rotate your egg stock. Bring previously purchased eggs to the front of the refrigerator and place the newer ones in the back.

- Purchase only clean, uncracked, odor-free, fresh, refrigerated AA or A eggs. The color of the egg has nothing to do with its quality or nutritive value.

- Avoid eating raw eggs.

- Serve egg dishes promptly or return them to the refrigerator.

- Clean and sanitize your hands and all cooking utensils when preparing eggs. Like other high-protein perishables, it's necessary to avoid bacterial contact and maintain a sanitary food preparation environment.

- In addition to the grade, eggs are packaged by size - Jumbo, Extra Large, Large, Medium, Small and Pee-wee. Recipes listing egg(s) as an ingredient are normally based on Large eggs.

I read every one of your letters and I love your comments. Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to "Talk to the Mirror." Weight Watchers Corporate Communications, P.O. Box 5072, Farmington Hills MI, 48334-2974, or fax: (248) 653-7106.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)

E-MAIL

Information can now be submitted via the e-mail route. Send announcements on upcoming events, story ideas, or general comments to staff writer Chris Mayer at:

cmayer@ee.homecomm.net