

## A piece of fruit will help boost your health

TALK TO THE MIRROR



FLORINE MARK

Study after study shows that eating more fruit could help cut the risk of cancer, heart disease and heart disease. The recommendation is to eat five servings of fruits and vegetables a day.

So why has the amount of fruit consumption gone up only slightly in recent years?

We're talking about delicious, sweet fruits, not cod liver oil!

Fruit ought to be considered an everyday pleasure and not a dreaded homework assignment.

All fruit is good for you, but there are definitely some fruits that are loaded with more nutrients than others. And you may be surprised to see which fruits rank in the gold-medal category.

One of the best fruits is a guava. Guavas are loaded with carotenoids (cancer-risk reducers) and vitamin C. They also contain potassium and fiber, but many people have never even tasted a guava.

Never fear, there are plenty of other fruits that are excellent sources of these important nutrients.

Watermelon, grapefruit, kiwifruit, papaya and cantaloupe are all rich in vitamin C, carotenoids and potassium. All of these except cantaloupe are fairly good sources of fiber as well.

Other common fruits that rank high on the healthy list are oranges, strawberries, apricots, raspberries, and honeydew melons. These are packed with vitamin C and many other important nutrients.

Dried apricots and dried peaches are also excellent snacks because they are tremendously concentrated with carotenoids and fiber, but unfortunately most of the vitamin C is depleted in the drying process.

You also need to be aware of the higher calorie content with dried fruits.

One-quarter cup of dried apricots or peaches has 100 calories compared with either one large peach or four whole apricots which have only 70 calories.

If you're trying to lose weight and eat healthy, you may be better off with the fresh fruits because they will fill you up faster with less calories than the dried varieties.

What I would call the "second-place finishers" include lots of common fruits as well as the canned variety. These fruits tend to have less in the way of fiber, but are still rich in other vitamins and fiber.

Canned apricots are one of the second-place finishers. In general, canned fruits are not as nutritious as their fresh counterparts because in most cases their fiber-rich peel has been removed in the canning process.

Furthermore, canned fruits packed in heavy syrup are loaded with extra sugar and calories. Look for fruit canned in its own natural juices or water. Regardless, canned apricots are still quite nutritious because of their vitamin C, potassium and fiber content.

Other second-place finishers include the majority of fruits you have in your fruit bowl right now. Plums, bananas, cherries, blueberries, peaches, grapes, pears and apples are all high in both vitamin C and fiber and most are rich in potassium as well.

One of the least nutritious fruit snacks may surprise you — applesauce. You may think that eating applesauce is just as healthy as eating an apple, but a half cup of unseasoned applesauce doesn't have nearly the nutritional value of an apple.

Applesauce is a source of fiber and lacks in the vitamin department, but it's a much healthier snack than a piece of cake.

If you don't eat much fruit, try to go for the healthiest ones in order to get the most out of it.

However, remember that all fruits are healthy and any kind of fruit is much better than no fruit at all. If you haven't tasted many of the more exotic or uncommon fruits, summer is the time to experiment while they're in season.

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 9072, Farmington Hills, MI 48334-2974.

For more information on Weight Watchers, call 1-888-3FLORINE.

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

## SUCCESSFUL STRATEGIES

According to the first federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults released last Wednesday by the National Heart, Lung, and Blood Institute (NHLBI), in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the most successful strategies for weight loss include calorie reduction, increased physical activity, and behavior therapy designed to improve eating and physical activity habits. Other recommendations include:

- Patients should engage in moderate physical activity, progressing to 30 minutes or more on most or preferably all days of the week.

- Reducing dietary fat alone — without reducing calories — will not produce weight loss. Cutting back on dietary fat can help reduce calories and is heart-healthy.

- The initial goal of treatment should be to reduce body weight by about 10 percent from baseline, an amount that reduces obesity-related risk factors. With success, and if warranted, further weight loss can be attempted.

- A reasonable time line for a 10 percent reduction in body weight is six months of treatment, with a weight loss of one to two pounds per week.

- Weight maintenance should be a priority after the first six months of weight-loss therapy.

- Physicians should have their patients try lifestyle therapy for at least six months before embarking on physician-prescribed drug therapy. Weight loss drugs approved by the FDA for long-term use may be tried as part of a comprehensive weight loss program that includes dietary therapy and physical activity in carefully selected patients (BMI of 30 or above without additional risk factors, BMI of 27 or above with two or more risk factors, or who have been unable to lose weight or maintain weight loss with conventional nondrug therapies. Drug therapy may also be used during the weight maintenance phase of treatment.

- However, safety and effectiveness beyond one year of total treatment have not been established.

- Weight loss surgery is an option for carefully selected patients with obesity-related health problems, BMI greater than 40, or BMI greater than 35 with coexisting conditions — when less invasive methods have failed and the patient is at high risk for obesity-associated illness. Long-term medical surveillance after surgery is a necessity.

- Overweight and obese patients who do not wish to lose weight, or are otherwise not candidates for weight loss treatment, should be counseled on strategies to avoid further weight gain.

- Age alone should not preclude weight loss treatment in older adults. A careful evaluation of potential risks and benefits in the individual patient should guide management.

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

## A weighty issue

### New guidelines focus on obesity

The first federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults were released last Wednesday by the National Heart, Lung, and Blood Institute (NHLBI), in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

These clinical practice guidelines are designed to help physicians in their care of overweight and obesity, a growing public health problem that affects 65 million American adults — 65 percent of the population.

These individuals are at increased risk of illness from hypertension, lipid disorders, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and certain cancers. The total costs attributable to obesity-related disease approaches \$100 billion annually.

"Overweight and obesity pose a major public health challenge. The development of these guidelines was a pioneering achievement since they were the first ever developed by the Institute using an evidence-based model and methodology," NHLBI Director Dr. Claude Lenfant said. "This report will be an invaluable clinical tool for any health care professional who works with overweight or obese patients."

#### The BMI way

The guidelines are based on the most extensive review of the scientific evidence on overweight and obesity conducted to date. They involved a systematic analysis of the published scientific literature to address 35 key clinical questions on how different treatment strategies affect weight loss and how weight control affects the major risk factors for heart disease and stroke as well as other chronic diseases and conditions.

The guidelines present a new approach for the assessment of overweight and obesity and establish principles of safe and effective weight loss. According to the guidelines, assessment of overweight involves evaluation of three key measures — body mass index (BMI), waist circumference, and a patient's risk factors for diseases and conditions associated with obesity.

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

Dr. Jerry Cooper, Medical Director of Michigan-based Medical Weight Loss Clinic, says Medical Weight Loss Clinics have been using BMI to diagnose overweight and obesity for more than two years and have found BMI to be the best way to determine who is overweight or obese.

"We know that overweight and obesity shortens lives and puts people's health at risk," Dr. Cooper said. "Using the BMI index has helped us to diagnose the problem and help our patients lose weight, either through our standard programs or using Meridia, a new drug therapy."

The guidelines' definition of overweight is based on research which relates body mass index to risk of death and illness. The 24-member expert panel that developed the guidelines identified overweight as a BMI of 25 to 29.9 and obesity as a BMI of 30 and above, which is consistent with the definitions used in many other countries, and supports the Dietary Guidelines for Americans issued in 1995. BMI describes body weight relative to height and is strongly correlated with total body fat content in adults. According to the guidelines, a BMI of 30 is about 30 pounds overweight and is equivalent to 221 pounds in a 6-foot person and to 186 pounds in someone who is 5-6. The BMI numbers apply to both men and women. Some very muscular people may have a high BMI without health risks.

The panel recommends that BMI be determined in all adults. People of normal weight should have their BMI reassessed in two years.

"The guidelines are solid that the risk for various cardiovascular and other diseases rises significantly when someone's BMI is over 25 and that risk of death increases as the body mass index reaches and surpasses 30," said Dr. F. Xavier Pi-Sunyer, chairman of the expert panel and director of the Obesity Research Center, St. Luke's/Roosevelt Hospital Center in New York City.

According to a new analysis of the National Health and Nutrition Examination Survey (NHANES III), as BMI levels rise, average blood pressure and total cholesterol levels increase and average HDL or good cholesterol levels decrease. Men in the highest obesity category have more than twice the risk of hypertension, high blood cholesterol, or both compared to men of normal weight. Women in the highest obesity category have four times the risk of either or both of these risk factors.

The guidelines recommend weight loss to lower high blood pressure, to lower high total cholesterol and to raise low levels of HDL or good cholesterol, and to lower elevated blood glucose in overweight persons with two or more risk factors and in obese persons. Overweight patients without risk factors should prevent further weight gain, advise the guidelines.

In addition to measuring BMI, health care professionals should evaluate a patient's risk factors, such as elevations in blood pressure or blood cholesterol, or family history of obesity-related disease.

At a given level of overweight or obesity, patients with additional risk factors are considered to be at higher risk for health problems, and therefore more intensive therapy and modification of any risk factors.

Physicians are also advised to determine waist circumference, which is strongly associated with abdominal fat.

Excess abdominal fat is an independent predictor of disease risk.

A waist circumference of over 40 inches in men and over 35 inches in women signifies increased risk in those who have a BMI of 25 to 34.9.

#### Upward trend

According to NHANES III, the trend in the prevalence of overweight and obesity is upward. The guidelines note that from 1960 to 1994, the prevalence of obesity in adults (BMI greater than 30) increased from nearly 13 percent to 22.5 percent of the U.S. population, with most of the increase occurring in the 1990s.

"There are several possible reasons for the increase," said Karen Donato, coordinator of the Obesity Education Initiative. "When people read labels, they're more likely to notice what's low-fat and healthy but may not be looking at calories. Also, more people are eating out and portion sizes have increased. Another issue is decreased physical activity. So people are consuming more calories and are less active. It doesn't take much to tip the energy balance," she said.

The upward trend in adult obesity has also been observed in children, notes the report. Since treatment issues surrounding overweight children and adolescents are quite different from the treatment of adults, the panel called for a separate guideline for youth as soon as possible. However, a healthy eating plan and increased physical activity is an important goal for all family members. With that in mind, the guidelines contain practical information on healthy eating. Based on this material, the NHLBI has developed consumer tips on shopping, eating, and dining out.

The guidelines have been reviewed by 115 health experts at major medical and professional societies. They have been endorsed by the coordinating committees of the National Cholesterol Education Program and the National High Blood Pressure Education Program, the North American Association for the Study of Obesity, the NIDDK Task force on the Prevention and Treatment of Obesity, and the American Heart Association.

These groups represent 54 professional societies, government agencies, and consumer organizations.

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults will be distributed to primary care physicians in the U.S. as well as to other interested health care practitioners.

Single free copies of specific consumer tips can also be obtained by writing to the NHLBI Information Center, P.O. Box 30105, Bethesda, Md., 20824-0105.

For additional information on Medical Weight Loss Clinics, visit its website at [www.medical-weight-loss.com](http://www.medical-weight-loss.com).

## How to effectively reduce stress

### TO YOUR HEALTH



DR. KEITH LEVICK

Adjusting to our changing world is difficult at best. Increasing global economic competition, downsizing, mergers, acquisitions, and the everyday hassles of trying to run a business can create a great deal of stress in the workplace. Consider the following:

According to the American Academy of Family Physicians, two-thirds of all visits to the family physician are attributed to stress-related symptoms.

Most people feel that all insurance claims result from "gradual mental stress."

It's estimated that working mothers, in an attempt to balance their lives, juggle as many as seven things at once.

According to the World Health Organization, about one-half of the working population is unhappy with their jobs.

If the workplace is a microcosm of society, it's fair to say that there are many stressed people. Constant changes in life and negatively affect your physical and emotional health. Simply put, stress is defined as the body's physical and psychological reaction to change. While the body is built to endure "acute" stress (major life events are one example), it's not prepared to deal with "chronic" stress very well. The body, therefore, often breaks down from everyday stressors, leaving people with stress-related disorders.

Let's look at a typical moment in time. On your way to work you travel through a construction zone, and an angry driver also patiently someone tries to cut in front of you by passing on the right. You immediately become angry and decide not to let him or her in. Your next move is position your car bumper-to-bumper with the car in front of you, and as your stress level rises, so does your middle finger.

The possible outcomes from this situation are numerous, including an accident to a case of "road rage." And by the time you arrive at work you're frazzled — and the day is just beginning.

The ramifications of not properly managing stress can be harmful. Productivity levels decrease with unhappy workers, family life is often affected and health is at risk.

Learning to deal with day-to-day stressors is no longer a luxury, it's a necessity. Several suggestions and techniques, however, can help reduce stress. One technique I find useful — particularly when confronted with situations like the above example — is to ask myself the "three-minute rule."

Returning to the road situation is a good example: Will letting this person cut in front of me have a major impact upon my life three minutes from now? Of course not! I chose not to play a meaningless game, thereby enhancing my overall health.

Additional ways to reduce stress are:

- Allow yourself 15 minutes a day to relax. Progressive muscle relaxation, meditation, or yoga are ways to do this.

- Increase low-stress foods into your diet, such as fruits, vegetables, low-fat and low-sugar foods and snacks.

- Increase your physical activities — aerobic classes, walking the stairs, parking farther away from the office door, etc.

- Maintain the right attitude, use the three-minute rule and enhance your self-esteem by building up other people.

Stress and stress-related problems are a very real and growing part of work and personal life for millions of Americans. Trying to cope with life's hassles can be overwhelming, but learning to manage stress effectively is paramount to being a happy and healthy human being.

Dr. Keith Levick is a health psychologist and the Director of The Center for Childhood Weight Management in Farmington Hills. You can reach him at 248-661-6625 or send him an e-mail at [levick@qmail.com](mailto:levick@qmail.com).

## HEALTHY LIVING

### Red Wings art

Detroit Red Wings fans can join in the excitement of purchasing a numbered and collectable work of art with proceeds benefiting two charities.

The Detroit Medical Center's Hutzel Hospital Women's Guild has purchased a limited edition of 500 pieces of litho-prints featuring Bugs Bunny on the ice wearing a Red Wings uniform. The art was personally signed by Red Wings team captain Steve Yzerman and one of Warner Brothers legendary animators, Charles McKimson.

This piece of collectable art is numbered and includes a photo of Charles McKimson and Steve Yzerman signing the piece. The art is officially licensed and includes the logo of the National Hockey League, the Detroit Red Wings, Warner Brothers and the Stanley Cup.

Also included with the custom-framed art is the Red Wings commemorative patch, which was purchased by the Hutzel Women's Guild and is included with the art in the matte portion. Proceeds from the sale of the patch go to the Red Wings Foundation for Head and Spinal Cord Injuries for Vladimir Konstantinov and Sergei Mnatsakanov.

The first numbered piece of art was to be donated by the Hutzel Women's Guild and presented to the Red Wings organization for display in the Olympia Room at Joe Louis Arena. The proceeds from the sale of the art will be donated in support of the new Hutzel Birthing Center, which is nearing the first phase of construction.

For those wishing to preview the art, it will be on display at Bella Place Mall and Fairlane Mall; the Art Loft in downtown Birmingham; Hite Photo in West Bloomfield; Scullaway Country Club in Chesterfield Township; Ultimate Toys and Gifts in Northville; Sam's Detail in Farmington Hills; and the Hutzel Hospital Gift Shop/Gallery of Pictures. Orders can be taken at these locations.

The pieces, with certificate of authenticity included, can be purchased for \$625. The premium edition (number 19, Yzerman's jersey number) has already sold for \$2,000, and 10 percent of this edition has already been pre-sold. Visit The Hutzel Hospital Gift Shop/Gallery of Pictures to purchase your own piece of sports history.

Interested parties can also contact Juanita Wade, director of the Women's Guild, at (313) 745-7659 or Tracey Conn-Burnstein at ArtQuest International at (248) 851-6091.