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Section D

MEDICAL BRIEFS

Car seat check

The Passenger Safety Specialists from Oakwood's Corporate and Community Health Department will offer free car seat safety checks on the grounds of Oakwood Annapolis Hospital, 33155 Annapolis Ave., in Wayne from 9-4 p.m. Monday, Nov. 22. Specialists will check your car seat to ensure that it is properly installed and secured. Specialists will also check the car seat in our vehicle to make sure it is the appropriate fit for your child. Call (813) 791-1490.

Drug free ADD

Brackney Chiropractic Health Center will present a "Drug Free Approach to A.D.D. and Hyperactivity" at 7 p.m. Tuesday, Nov. 16. Learn more about drug free approaches to attention deficit disorder and hyperactivity in children and adults. Free consultation and exam will be available. Space is limited. Call (734) 455-4444. Brackney Chiropractic Health Center is located at 8512 Canton Center Road in Canton (across from the high school).

Presenter available

The Medillage Group, Inc. has made available to local clubs and organizations a representative to discuss topics that include assisted living, long-term care, services available, reimbursement under Medicare as well as the recently published Consumer's Guide to Michigan Nursing Homes. Call the Administrator or Admission Director of West Trail Nursing Home in Plymouth at (734) 453-3993.

MADD Chapter

The MADD, Wayne County Chapter are now hosting monthly victim support group meeting the third Wednesday of each month at 7 p.m. The next meeting is Wednesday, Nov. 17 at the Michigan State Police Post, 12111 N. Telegraph Road in Taylor. Bill Hale, Ph.D., bereavement facilitator, will lead the group. For information call (734) 271-8181.

Substance abuse

Madonna University will offer two substance abuse courses this fall. "Chemical Dependency: General Information," will be held from 7-10 p.m. Wednesdays beginning Nov. 17 through Dec. 16. The course will review the research on substance abuse, different theories of addiction, disease concept of alcoholism and the ethics of the profession. The non-credit fee is \$100. To register, call (734) 432-8731.

Vibrational medicine

Learn why our present views of health and disease will radically change in the new millennium, and how the use and acceptance of alternative therapies will accelerate over the next decade. This course, "Principles of Vibrational Medicine," will present how medicine is beginning to evolve away from the body as a machine and toward the bioenergetic perspectives of health and disease. Course is transferrable into the Holistic Health Practitioner Diploma program - leading to Board Certification in Holistic Health. To register for the Saturday, Nov. 20 program call the Serenity School of Holistic Health in Livonia at (248) 474-0308 or (734) 513-0868.

We want your health news

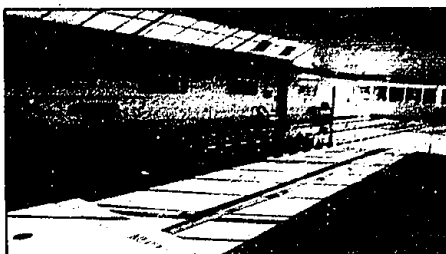
There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides numerous venues for you to offer newsworthy information including Medical Databook (upcoming calendar events), Medical Newsletters (upcoming seminars, tips in the medical field), and Medical Briefs (medical advances, short news items from hospitals, physicians, companies). We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

CALL US:
(734) 953-2111

WRITE US:
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Lap pool: The Plymouth facility features a 25-meter pool with chair lift for handicap accessibility and is deepest in the middle at 6 1/2 feet. Both classes and individual swimming are available. Adjacent to the pool is a whirlpool and men's and women's locker rooms.



Workout: The general workout room includes both cardiovascular equipment (treadmills, stationary bikes, stair climbers) and free weights.

Arthur's Place

New facility to offer personalized therapy for arthritis sufferers

BY KIMBERLY A. MORRISON
STAFF WRITER
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Ask any arthritis sufferer what's one of the most difficult aspects of the disease and they would probably answer — the diminished pace at which they have to function due to swollen joints and stiff muscles.

Arthritis is an inflammation of the joints that can have both active- and remission-like symptoms. Control of the disease is gained through exercise, nutrition, medication and a variety of alternative therapies including acupuncture and massage.

According to the Arthritis Foundation the number of people with arthritis is steadily growing and now reaches more than 40 million Americans. The Centers for Disease Control projects the number to rise to nearly 60 million by 2020, with the impact on the baby boom generation.

There is hope

In just a few weeks, a new state-of-the-art facility will open its doors to persons who are suffering from arthritis and any one of 100 other connective tissue-related diseases including fibromyalgia, lupus, gout, osteoarthritis, Raynaud's Phenomenon, and Lyme disease.

Arthur's Place, located at 47659 Halcyon Drive in Plymouth (M-14 and Beck Road), will offer personalized exercise guidance and instruction through individualized training programs based on a person's needs, physical abilities and goals.

Persons who pay for an Arthur's Place membership receive a complex

physical fitness assessment from a trained staff member that gauges strength, flexibility, range of motion, balance and overall well-being (existing medical conditions, medications, emotional status and quality of life).

Arthur's Place professionals will then tailor a life improvement plan based on the outcome of the assessment including long and short-term goals.

"I call this one-stop shopping for someone looking for a self-contained fitness and exercise facility where they can work to improve their quality of life," said Chris Allen, president and CEO of Arthur's Place. "It's all about making positive outcomes to improve a person's quality of life. And there is life after arthritis."

Allen speaks from experience and draws on the real-life changes his wife has undergone since she was diagnosed with arthritis. It was Allen, a 23-year health care administrator, who noticed the improvements in his wife's physical capabilities after she spent any amount of time in a bath of warm water.

Arthur's Place founder recalls his wife being so stiff and sore after walking nine holes of a golf course that he had to help her upstairs and draw her bath because she was nearly immobile.

"I noticed after her bath she was moving around and doing things for herself, a very different person from the one I had to help up the stairs," recalls Allen.

Putting his professional partnerships together, Allen and Tom Ballard, an engineer from Highland, designed the

Arthro-Aquatic Fitness System with the input of 28 individuals with active arthritis including a lupus and multiple sclerosis patient.

The equipment essentially consists of a pedal-mechanism inside a deep tank that allows an individual to peddle in a stationary, seated position submerged in warm water (84-110 degrees).

As a person peddles, a whirlpool like action is created in the tub depending on the rate at which the person peddles. The water creates a balanced resistance against the user — the faster they peddle the more taxing a cardiovascular workout they'll receive and vice versa.

In addition to working the lower muscles of the body the tank is equipped with two oars that can be maneuvered back and forth for upper body exercises. They too, are located below the water line to provide the same manner of resistance.

Arthur's Place holds the patent on the Arthro-Aquatic System and is currently the only company in the United States to be using the equipment, said Allen.

According to Arthur's Place Fitness Director David Grevenmeyer, the device helps an individual improve range of motion, strength, and flexibility in all major muscles of the body. "The warm water helps to rejuvenate sore muscles and joints without the shock or jarring you may receive without the benefit of the water," said Grevenmeyer.

Two of the tanks are handicap accessible enabling individuals who cannot climb into the tank themselves to be lifted by a hydraulic hoist.

Valuable resource

One of the points of pride Arthur's Place Operations Director Dan Colaluca boasts about is the number of resources members have access to including the on-site location of a local branch of the Arthritis Foundation (formerly of Ann Arbor); an extensive library of reading material; audio visual tapes; and access to the World Wide Web from a single computer terminal.

"People can exchange information and educate themselves with the help of these resources without having to

leave the building," said Colaluca. "I can't think of a better way to address the challenges of arthritis and other connective tissue diseases than by knowing the disease process and the best approach to fighting it."

Colaluca, a licensed pharmacist, said negotiations are under way to feature on-site services such as a line of adaptive business and casual apparel that make it easier for an arthritis sufferer to dress without the hassle of buttons and snaps; pharmacy services; and orthopedic services (custom-designed shoes and inserts).

In addition to the Arthro-Aquatic Fitness System the 3,400-square-foot facility features a 25-meter swimming pool (handicap accessible), whirlpool, extensive exercise room featuring both free weights and strength machines for cardiovascular workouts (climbers, stationary bikes, step machines, treadmills), activity room with a seven-layer cushion floor, men's and women's locker rooms, dry sauna, conference room and a fully-functional kitchen.

The kitchen allows members to see hands-on demonstrations with adaptive tools for the home as well as fire safety techniques.

"We offer all the tools for people to better educate themselves and self-manage their disease," said Allen. "The proper diagnosis and early and aggressive treatment can go a long way in an individual being able to maintain their quality of life. Arthur's Place will help people start the healing process without having to experience a gap in treatment when their prescribed therapy runs out."

Arthur's Place will host an open house from 10-4 p.m. Saturday and Sunday, Nov. 20-21. Appointments are being accepted if you would like to tour the facility by calling (734) 254-0500. Hours of operation are 8 a.m. to 9 p.m. Monday through Thursday, 6 a.m. to 7:30 p.m. Friday, 8 a.m. to 1 p.m. Saturday and 8:30 a.m. to 12:30 p.m. Sunday.

Arthur's Place is located inside the MedHealth building on Halcyon Drive off Beck Road at M-14 in Plymouth.

Meet the staff of Arthur's Place

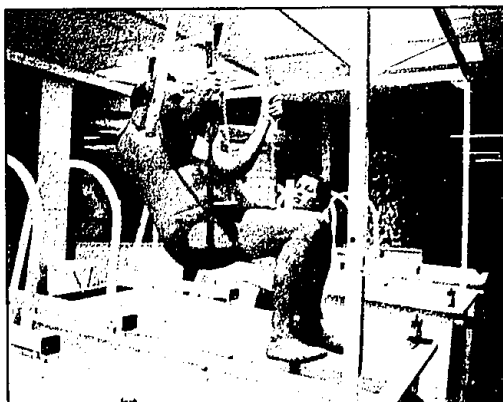
Chris Allen, FACHE - President and Chief Executive Officer
Chris Allen is president and chief executive officer of Arthur's Place. Where Arthritis Healing Begins. Allen was inspired to develop Arthur's Place and the Arthro-Aquatic Fitness System after seeing the relief warm water exercises gave his wife, Virginia, an associate dean with the University of Michigan, who first developed arthritis more than 15 years ago.

With a background in health administration, Allen sees Arthur's Place as a participant in national benchmarking studies that measure the role of exercise in helping people with arthritis have the best possible quality of life. He is also the president and chief executive officer of Family Road Care Centers. A former hospital administrator, Allen serves as a member of the board of trustees of the National Arthritis Foundation and is a past president of the Michigan Chapter of the Arthritis Foundation. Allen is chairman of the Southeastern Michigan Chapter of Board of Directors of the American Red Cross. He received his masters in health services administration from the University of Michigan and an undergraduate degree in Journalism from Wayne State University.

Dan Colaluca, Pharm.D. - Operations Director
Dan Colaluca is the operations director for Arthur's Place. As a clinical pharmacist, Colaluca has spent much of his career in consulting with patients and educating groups of both lay people and members of the medical professions to the benefits and effects of medications. He most recently served as the director of pharmacy for St. John Macomb Hospital. Previously he held a similar position with Hutzel Hospital. Colaluca holds a doctorate in pharmacy and an undergraduate degree in pharmacy from Wayne State University.

David J. Grevenmeyer, ATC, CSCS - Fitness Director
David Grevenmeyer is the fitness director for Arthur's Place. A certified athletic trainer and strength and conditioning specialist, Grevenmeyer has a personal interest in Arthur's Place and its mission to help people with arthritis to have a better quality of life. His grandmother has severe osteoarthritis, and a sister has been diagnosed with lupus. He hopes to fundamentally change the way this country thinks about and treats connective tissue disorders.

Grevenmeyer most recently served as a rehabilitation specialist in the outpatient physical therapy department of St. John Health System where he was a founding member of the STAR Program Sports Medicine team. He was also the strength coach for the 1998 WNBA Detroit Shock women's basketball team.



Special attention: Above, a hydraulic hoist gently maneuvers an Arthur's Place member into the Arthro-Aquatic Fitness System. The lift is designed to aid persons who are physically unable to access the tank by climbing the ladder and stepping down into the water.

Left, Arthur's Place holds a patent on the Arthro-Aquatic Fitness System. The specially designed tank is heated between 84 and 100 degrees and enables users to peddle at their own pace for a cardiovascular workout while using the side oars to exercise upper body muscles and joints.

