

MEDICAL BRIEFS

Alcoholic support

Adult Children of Alcoholics and dysfunctional families gather every day for 12 step support group meetings in the metro area. To find a meeting near you call (248) 988-0873 or write: ACA, P.O. Box 401483, Redford, MI 48240-9489, for information.

Stop smoking

The city of Livonia is sponsoring the 14th Annual "Stop Smoking" clinic conducted by Dr. Arthur Weaver, an anti-smoking facilitator. The seven night program will be held from 7:30-9 p.m. at the Civic Center Library, 32777 Five Mile Road, just east of Farmington Road. No set fee is charged, although donations are accepted. Dates for the clinic are Jan. 6; Jan. 10 through Friday, Jan. 14; and Jan. 18. The smoker who is serious about quitting needs to attend all seven sessions. For more information call (734) 466-2535.

Tai chi

Participate in a tai chi class conducted by Jeff Smith. Tai chi is an ancient art that will aid in enhancing relationships, careers, and promote health and well being. All who took tai chi since September and want to continue classes are welcome to participate. Classes begin Jan. 10 at 7:30 p.m. in the Fellowship Hall of Nativity United Church of Christ, 9435 Henry Ruff Rd. Livonia. Cost is \$25 for six weeks. Sign up early as class accommodates only 20 people per session. Call (734) 421-5406.

Vision 21 lecture

Gerald Fitzgerald, CEO of Oakwood Healthcare, Inc. will be the featured speaker at the Vision 21 (One Goal, One Community) forum Wednesday, Jan. 12 at the Holiday Inn Heritage Center in Southgate. For information or to register call (734) 283-4190.

Beaumont seeking research participants

Blood pressure
William Beaumont Hospital needs people 18 and older with high blood pressure to volunteer for two research studies of new medications. All study-related health care is provided at no charge to participants. Call the Cardiovascular Disease division at Beaumont, Royal Oak at (248) 551-5991.

Diabetes
Wm. Beaumont Hospital's Division of Preventive and Nutritional Medicine needs people with diabetes for research testing new oral medications to help lower their blood sugar levels. Call (888) 807-8839.

Please see RESEARCH, C4

X-rays in motion

Technology changes standard diagnostic testing

BY KIMBERLY A. MORTON
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"Everyone's had an X-ray," said John T. Kenney, president of NU-BEST Diagnostic Labs of Farmington Hills. But not everyone has had the benefit of Dynamic Motion X-ray — an imaging system used to visualize and evaluate body joints in motion. That's right, motion.

The X-ray most people have had required them to lie perfectly still, even hold their breathe sometimes to avoid distorting the image," said Kenney. "Dynamic Motion X-ray improves a doctor's ability to see joints and ligaments in motion by revealing the true source of the pain that may only be occurring during movement."

The technology utilizes a C-shaped device that scans the body and produces a "picture-within-a-picture" motion film that shows the patient moving a joint while the X-ray portion of the image instantly shows the corresponding movement inside the body.

The film is recorded by a nationally registered radiological technologist on Super VHS tapes and read by a board certified radiologist.

Kenney says he has witnessed injuries missed by other diagnostic methods such as standard X-rays, MRIs and CAT Scans because of the difficulty in detecting soft tissue injuries while the ligaments and joints are motionless.

Kenney recalled one instance where broken wires from a previous neck surgery were not detected during standard X-ray but with motion X-ray the film recorded the wires separating and coming back together when the patient moved their head forward and backward.

"The woman continued to complain of neck pain but the source of the problem couldn't be found until she had a motion X-ray," said Kenney. To further insure the accuracy of the diagnosis, two tapes are created — one remains on file at NU-BEST Diagnostic Labs and the other delivered to the referring physician the day of the test, along with miniature X-rays and colored ligament pictures. A board certified radiologist supplies a report within 48 hours.

On the move

Kenney also promotes the benefit of the X-ray technology being installed in a mobile testing facility. The air-controlled, carpeted van can be driven to various locations for on-site, instantaneous testing at locations such as clinics, doctor's offices, work sites, independent and assisted living facilities, and sporting events.

The oversized van is FDA approved and lead-lined for safety.

"It's an accurate way to view the anatomy in motion," said Dr. Glenn D. Krieger of Pain Management & Rehab Associates of Southfield. "We can avoid any injury in a matter of minutes."

Krieger said members of the Detroit Red Wings hockey organization recently observed and participated in a demonstration of the technology.

"Players, for example, could come right off the ice without having to change out of their equipment and uniforms and be X-rayed immediately. We can determine the severity of an injury



Up close: Emory Daniels of Westland had his hand X-rayed by a Nu-BEST® radiology technician. Daniels can be seen through the lead glass window by the technician who gave him various commands to both clench and release his fist while it was simultaneously being recorded on video tape. A copy of the video is sent to the referring physician the same day.

and the physician can make a decision as to whether they should return to play or not," said Krieger.

The Southfield physician, who specializes in rehabilitation and sports medicine, plainly describes the difficult

was taken of a patient's arm extended. Then the radiology technician had the patient flex their arm back and another X-ray was taken.

"The radiologist and physician would have to gauge the source of the pain,

the patient moving the arm and internally we can see movement inside the body and don't have to estimate the extent of injury."

Changing technology

With Dynamic Motion X-ray, NU-BEST gives radiologists 2700 frames of film on Super VHS with less radiation exposure to the patient. Frames can be individually analyzed and viewed.

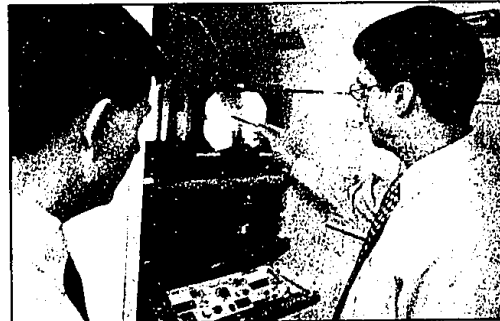
Motion X-ray can be used for a wide range of medical needs such as TMJ (Temporomandibular Joint) numbness; pain in the back, neck and limbs; headache, dizziness and tingling; knee, hip and elbow problems; to confirm suspected soft tissue lesions; and confirm divergent range of motion.

"This kind of X-ray technology is cutting edge and often requires patients to take on a different mind set about diagnostic testing," said Kenney. "Patients understanding of the motion aspect of the X-ray often takes some convincing by our technologists."

Because of the portability of the device, Kenney said physicians who have patients spread out across a rural area can set up the unit at their office without having the patient travel to a larger city or any significant distance.

"Patients can be tested fully clothed and don't require any special preparation before the exam," said Krieger. "It can significantly improve a physician's ability to more accurately diagnose injuries."

For more information on DMX technology visit www.nubest.com/dmx.html or call NU-BEST at (877) 258-8588.



Instant analysis: Dr. Glenn D. Krieger of Pain Management & Rehab Associates of Southfield, talks to Livonia resident Dave Varga about the results of the motion X-ray of his knee.

ty that can be created when determining injuries with standard X-ray technology.

In the past an X-ray, for example,

decide from viewing both X-rays if there was an injury and how significant the injury was," said Krieger. "With motion X-ray the film records

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, moreinfo@home.com.net or faxed to (734) 591-7279.

MON, JAN. 3

BREASTFEEDING

"Preparing for breastfeeding," a class on breastfeeding techniques and issues for expectant mothers and fathers. The class is offered from 7-10 p.m. at William Beaumont Hospital, Classroom F, 44201 Dequindre, Troy. Cost is \$20. Call (800) 633-7377.

ANOREXIA/BULIMIA

Support groups led by recovering or recovered anorexics and/or bulimics to discuss strategies for recovery. Meets Jan. 3, 10, 17, 24 and 31 from 7-8:30 p.m. William Beaumont Hospital, 10th Floor, classrooms A & B, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9200.

TUE, JAN. 4

CHILD BIRTH EDUCATION

An educational program for expectant parents is offered Tuesdays, Jan. 4, 11, 18 and Feb. 1 from 7-9:30 p.m. at William Beaumont Hospital, 44201 Dequindre Road, Troy. Cost is \$60 per couple. Call toll free (800) 633-7377.

ASTHMA CLUB

An asthma support group for individuals with asthma and their families. Meets from 7-8 p.m. William Beaumont Hospital, Administration Building, Lower Level - Classroom 2, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9200.

DIABETES EDUCATION

Five-class educational series to help people with diabetes and their families control the disease. Offered Jan. 4, 6, 11, 18 and 24 from 6-8 p.m. at William Beaumont Hospital, Administration Building (lower level - classroom 4), 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9200 to register.

WED, JAN. 5

CHILD BIRTH REFRESHER

A review of the labor and delivery process, and relaxation and breathing techniques for expectant couples. Class is offered Jan. 5 and 12 from 7-9 p.m. at William Beaumont Hospital, 44201 Dequindre, Troy. Cost is \$25. Call (800) 633-7377.

FERTILITY CHALLENGE

Fertility Challenge Support Group helps individuals or couples cope with the emotional consequences of infertility. Meets from 6:30-8 p.m. Beaumont Medical Building, Suite 344, Beaumont Center for Fertility and Reproductive Endocrinology, 3535 W. Thirteen Mile Road, Royal Oak. Call (248) 551-0523.

EATING DISORDER

Eating disorders support group for patients, their families and friends. Meets Jan. 5, 12, 19 and 26 from 7-8:30 p.m. William Beaumont Hospital, 10th Floor, classrooms A & B, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9200.

THUR, JAN. 6

CHILD BIRTH EDUCATION

An educational program for expectant parents is offered Thursdays Jan. 6, 13, 20, 27 and Feb. 3 from 7-9:30 p.m. at William Beaumont Hospital, 44201 Dequindre Road, Troy. Cost is \$60 per couple. Call toll free (800) 633-7377.

INFANT MASSAGE

A program provides infant massage techniques to promote relaxation and positive interaction between parent and child. Class is offered from 7-8 p.m. Thursdays, Jan. 6, 13, 20 and 27 at William Beaumont Hospital, 44201 Dequindre, Troy. Cost is \$30/family. Class is limited to either families. Call (800) 633-7377.

ADULT DIABETES

Support group for diabetes age 17 or older, family members or support people. Class from 7-9 p.m. William Beaumont Hospital, 10th Floor, classrooms A, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9200.

HELPING HEARTS

Helping hearts cardiac support group for family members of heart patients. Meets Jan. 6, 13, 20 and 27 from 9-4 p.m. William Beaumont Hospital, 2nd East ICU Conference Room, 3601 W. Thirteen Mile, Call (248) 551-3160.

We want your health news

There are several ways you can reach The Observer Health & Fitness staff. The Sunday section provides numerous avenues for you to offer newsworthy information including Medical Datebook (upcoming calendar events); Medical Newsletters (appointments/new hires 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.

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