

# Smoking may provoke panic attacks in some instances

For people who suffer panic attacks, the effects can be paralyzing. An unexplainable wave of nausea. Shortness of breath. A sudden, desperate fear that they are going to die.

While some people don't know what triggers their panic attacks, the answer may be found in their ashtray.

Smokers are two to four times more likely

to suffer panic attacks, compared to people who have never smoked or have quit smoking, according to a Henry Ford Health System study.

In addition, people with lung disease are at even greater risk. They suffer panic attacks at six times the rate of nonsmokers.

The study, published in the December issue of Archives of General Psychiatry, is

the first-of-its-kind to demonstrate a causal relationship between smoking and panic attacks in the general population. The study's sample was drawn from the Epidemiologic Study of Young Adults — 1,000 adults ages 21-30, and the National Comorbidity Survey — 4,400 adults ages 16 to 64. The study did not find differences in the results for men and women.

# Research from page C3

## Breast Cancer

Postmenopausal women with an increased risk of developing breast cancer can take part in a national research study at William Beaumont Hospital that will compare the effectiveness of two drugs in preventing breast cancer. Volunteers will either take Tamoxifen, a drug approved by the U.S. Food and Drug Administration to reduce the incidence of breast cancer in women at increased risk; or Raloxifene, which is approved by the FDA for treating osteoporosis, and has shown promise in reducing a woman's chance of getting breast cancer. Call (877) BEAT-CANCER for more information.

## Coronary artery disease

The Cardiovascular Disease division at William Beaumont Hospital, Royal Oak, is conducting a research study and needs volunteers who have coronary artery disease and/or elevated cholesterol levels. The study will test the effectiveness of a combination of a U.S. Food and Drug Administration-approved medication that lowers cholesterol

and an investigational medication that may improve blood flow to the heart. Prospective volunteers must have elevated cholesterol levels already confirmed by testing and must not have diabetes. All study-related health-care will be provided to participants without charge. Call (248) 651-9161.

## Enlarged Prostate

The Department of Urology at William Beaumont Hospital in Royal Oak needs men with enlarged prostates to participate in a research study of a medication that may help ease the symptoms associated with this condition. Call (248) 651-3355.

## Incontinence

Volunteers can receive treatment for symptoms of urgent or frequent urination as part of a new research study at William Beaumont Hospital, Royal Oak. Researchers will study a new medication which may control symptoms or "urge incontinence" which has symptoms of urgent and frequent urination. The participants. Call (248) 651-3355.

# Veteran journalist comments on Y2K



MIKE WENDLAND

I've been covering Y2K since 1995. And in these last few days before the new millennium, I've been doing a lot of interviews with print and broadcast reporters around the country. Inevitably, after asking for background on the Y2K problem and what safeguards consumers need to take, they all ask how I want to be identified.

"Do we call you a Y2K expert?" I answer them all the same way.

There is no such thing as a Y2K expert.

We've never had a Y2K before. We've never faced the uncertainty of computers that may refuse to "think" properly.

Amidst an apparently unprecedented threat of terrorism to Americans abroad and at home, at least a dozen known computer viruses, worms and Trojan horses are set to activate on or shortly after Jan. 1.

No wonder that's why so many of our friends and neighbors are working New Year's Eve.

As the days wind down to the big night, all of the big news portals sites like CNN (www.cnn.com), MSNBC (www.msnbc.com) and ABC News (www.abcnews.com) plan extensive Y2K coverage. I'll be in Washington on Y2K eve and the days leading up to it covering the story for NBC-TV affiliates around the country. I'll post the latest news I come across on my Webpage, too (www.pcmike.com)

But here are some other Internet resources to keep you informed on what is happening in key areas and what needs to be done.

Y2K Resource sites - It's hard to pick the best but for general and current info, try Y2K and Y2000 (http://2000andyou.com/2000/), the Cassandra project (http://cassandra.project.org/) and the Web site maintained by the non-profit policy and research organization known as the Arlington Institute (www.arlingtoninstitute.org/)

Utilities - Will the power stay on? Visit the North American North American Electricity Reliability Council Web site (www.nserc.com/~y2k/y2k.html). This group is the official coordinating agency for power companies and has lots of information on utilities and other industries essential to the infrastructure. For a more pessimistic view, check out the Electric Utilities and Y2K site (www.energyland.net/index.htm) maintained by Rick Cowles, an outspoken Y2K worrywart.

Transportation - Airlines and airport airports who are preparing for canceled and delayed flights and large crowds of stranded travelers if their computer systems don't work. All Amtrak passenger trains will be shutting down New Year's Eve just in case. The official U.S.

Department of Transportation has a Y2K Web site (www.y2ktransport.dot.gov/y2k/) devoted to civil aviation.

Viruses - Anti-virus software experts say they have already identified a dozen malicious computer viruses, Trojan horses and worm programs in circulation and set to activate on or around Jan. 1. Some actually masquerade as Y2K fixes. All are sent via e-mail. For the latest info on how to eradicate them from a PC, visit Symantec's SMART (Symantec Millennium Action Response Team) Web site (www.symantec.com) or Network Associate's AVERT (Anti Virus Emergency Response Team) Y2K site (www.nai.com). And for a good healthy dose of virus skepticism, check out Rob Rosenberger's Computer Virus Myths Web site (www.kumite.com/myths).

Gloom and Doom sites - There are hundreds of Web sites and personal pages devoted to Y2K disaster scenarios. Most are amateurish, outdated and unreliable. Some are hysterical. A huge list of them can be found at http://kode.net/~ggitrod/bookmark.html. But probably the two most influential Y2K gloom and doom Web sites are Gary North's (www.garynorth.com) and the Y2K Newswire (www.y2knewswire.com). Both are in full alert mode. But I wonder: Come the weekend will they be eating crow? How will they rationalize what they've been so vocally predicting with what really happens?

Terrorism - The U.S. State Department's Y2K Terrorism warning can be found at http://travel.state.gov/1214y2k.html. For the FBI's take on domestic terrorism, read a copy of the agency's "Project Megiddo" Y2K report, available from the official FBI Web site (www.fbi.gov).

So... here we are now. Less than a week away. I've written nearly 200 news stories and TV reports about Y2K over the past five years and after all that, I have to say, I still don't know what will happen.

I'm optimistic that most of the major bugs have been worked out and while I think there will be some glitches and inconveniences, I'm not overly concerned. I think things will be normal enough that I will be able to spend the first week of the new year in Las Vegas, covering the Consumer Electronics Show.

But first I have to get back to Detroit from my NBC-TV assignment in Washington. And, wouldn't you know it, as it now stands, I am scheduled to be on a Northbound flight from Washington, D.C. to Detroit just before the clock turns midnight. Happy New Year everyone. See you in Y2K. I hope.

Mike Wendland reports about computers and the Internet for NBC-television stations coast-to-coast. His radio show is heard every weekend on TalkRadio 1270, WXYT. You can reach Mike through his Web site at www.pcmike.com

# He's smiling because His first month online is free!

Internet access through Observer & Eccentric On-Line! is just \$15.95 per month. That's worth a smile.

In addition to a free month of use, you receive FREE 24-hour, 7 days-a-week technical support and FREE software. Now, that's worth a great big smile.

It's easy to sign up for O&E On-Line! Just use your computer and log on to

<http://oeonline.com/subscribe.html>

You'll hear from us with your account information within 48 hours.

Or call one of our subscription lines:

734-591-0500

OR

248-644-1100.

(Mention "On-Line!-2000" when you do)



You'll be smiling in no time!



# IF YOU AIM TO ADVERTISE ACROSS MULTIPLE COMMUNITIES REMEMBER THERE'S NO BETTER WAY TO SHOOT FOR THE SUBURBS.

When shooting for the suburbs there are just two things for an advertiser to keep in mind.

• One: It's economically more rewarding to aim for the affluent suburbs.

• Two: It's smarter to make women the primary target because they control the spending.

And more women read the SPRING papers than either the Free Press or News. Almost twice as many

according to a recent study conducted by Belden Research. In fact, SPRING beats the News/Free Press combo 40% to 35% in reaching suburban female shoppers.

Give us a call because nobody makes it easier for you to hit your suburban target in Wayne, Oakland, Macomb, Monroe, Livingston and Washtenaw counties.

ONE CALL. ONE REP. ONE INVOICE.

1-800-382-8878



Observer & Eccentric Newspapers • HomeTown Newspapers • Heritage Newspapers • C & G Newspapers Michigan Community Newspapers

Readership scores based upon 1998 Belden Research study of suburban Detroit.