

## MEDICAL BRIEFS

### Home care

The first in a series of educational workshops for residents, families and members of the community. The first meeting will begin at 7 p.m. Thursday, Feb. 3 at the Marquette House (36000 Campus Drive) in Westland. Dr. F. Namiel of Home Care Physicians has over 25 years experience helping caregivers cope with conditions of the elderly. Topics of the workshop include ways to regain dignity and self worth, improving the quality of life and strategies for living independently. Seating is limited so call (734) 326-6537 to register. Admission is free.

### Think trim

Instead of New Year's resolutions, Lorraine Stefano, founder and director of Think Trim®, will suggest ways to develop New Year's resolutions from 9 a.m. to 4 p.m. Saturday, Feb. 12 at Schoolcraft College (18600 Haggerty Road) in Livonia in Room LA 337. The fee for the all day class is \$57. For additional information and to register call (734) 462-4113.

### Alzheimer's workshop

St. Mary Hospital is presenting a two-part workshop on the challenges of Alzheimer's disease from 7-9 p.m. Tuesday, Feb. 1 and 8 in the St. Mary Hospital Auditorium. On Feb. 1, Safwan Kazmouz, M.D., will discuss Alzheimer's disease and understanding behaviors. On Feb. 8, Constance Barber, Safe Return Specialist, Alzheimer's Association, will discuss safety issues and Kelley Fulkerson, Alzheimer's Association, will present safety issues in the home. This is a free workshop but pre-registration is required. Call 655-8940 to register.

### Menopause support

The Marian Women's Center Menopause Support Group will meet from 7-9 p.m. Wednesday, Feb. 2 at St. Mary Hospital in the West Addition Conference Room B. Guest speaker, Archambault P. MHS, will be discussing the causes of urinary incontinence, treatment options and how physical therapy can help manage incontinence. The Marian Women's Center Menopause Support Group provides in-depth information, education and emotional support to help women lead fuller lives during their mid-life years. There is no charge to attend the meeting. For information call (734) 655-1100 or (800) 494-1615.

### AWAKE meeting

American Sleep Apnea Association A.W.A.K.E. (Alert, Well and Keeping Energetic) will host a health/support group for people with sleep disordered breathing problems. Sponsored by Garden City Hospital - Sleep Disorders Center and Garden City Home Equipment the topic will be "What's new in CPAP/BIPAP masks?" Meets at 7 p.m. in classrooms 3 and 4 in the lower level of Garden City Medical Office Building (6255 Inkster Road). Call 458-3330 for questions.

**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 Datebook (upcoming calendar events); Medical Newsmakers (appointments/news items 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:**  
Observer & Economic News Department  
Specialty Datebook, Newsmakers or Briefs  
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# Realistic resolutions

## Experts offer advice on sticking to New Year's plan

BY KURT KUDAN  
SPECIAL WRITER

For many people the New Year means a couple things. Not only is it a time to toss out another calendar, but it also represents the possibility for second chances and a new beginning. Many use it as the impetus to quit some of the bad habits that have accumulated over the years.

So, with dogged determination, they set out to tackle a new batch of New Year's resolutions, feeling this will be the year for success. More than likely, these resolutions will have something to do with the way a person looks and feels.

According to the American Medical Association, 60 million people nationwide began this new year by making resolutions that dealt with either diet or exercise. Unfortunately, history shows most of these people will fail to meet their goal of getting into better shape.

Most experts agree the main reason for this failure is rooted in unrealistic expectations. Wanting quick results, many people jump headfirst into fitness programs or embark on fad diets but soon lose motivation because they find such endeavors are just too tough to stick with. Like clockwork, January brings a flood of new members into the local health clubs. However, people who have consistently worked out over the years know that by either February or March most of these new members will drop out like flies.

"We definitely have an increase in workouts in January and February. They can go up as much as 300 to 1,000 a day, depending on the size of the club," said Brian Wolverton, who is

a health and fitness instructor for Bally Total Fitness, which has 16 clubs in the Detroit area, including ones in Plymouth, Novi, and Dearborn.

"The tendency in the past is that people dropped off quickly because they either set motivation or the goals that they set for themselves were unrealistic."

Darlene Zimmerman, a Northville-based registered dietitian points to similar factors for those who give up on diets.

"People tend to set expectations that are too high. They are not really realistic. January 1st comes along, so they plan to completely overhaul the way they eat. But they will find it is very difficult to change eating habits," said Zimmerman, who will soon be teaching courses on nutrition at Oakland University.

Both Wolverton and Zimmerman believe failure can be converted into success simply by altering thinking patterns when setting goals.

"I try to get people to focus on small changes in their eating plans, something that they are going to be happy with and be able to live with for the rest of their life. We're not talking about a diet, we're talking about a lifestyle change," Zimmerman said.

For example, just by substituting skim milk for whole milk, person can lose six pounds a year, and the same is true when spreading jam, rather than butter, on toast in the morning. Zimmerman also believes that fat diets, which come and go, should be avoided at all costs because the results they produce are almost always temporary.

"The question I always ask people is: What changes are you willing to make

**'I try to get people to focus on small changes in their eating plans, something that they are going to be happy with and be able to live with for the rest of their life. We're not talking about a diet, we're talking about a lifestyle change.'**

Darlene Zimmerman  
— dietitian

for the rest of your life? Most people don't want to drink Slimfast forever," Zimmerman said.

Wolverton largely blames media sources, such as fitness magazines, for making people believe they can lose large amounts of weight in a short period of time, which can lead to frustration when such results are not achieved.

"Most research indicates that people can realistically lose no more than two pounds a week. But the majority of people who come in here have the goal of losing five or 10 pounds a week," said Wolverton, who, armed with the latest in health and fitness research, combats these misconceptions by stressing education to his new members.

Wolverton also tries to shift the focus away from losing overall weight, to altering body composition. He feels people need to concentrate on maintaining lean weight, while losing fat weight.

Both Wolverton and Zimmerman

also stress the fact that too much too soon can be a sure road to defeat.

"The people we find who are most successful make changes gradually. People should look at their own lifestyle, their own eating plan, and then take as long as needed to make changes and turn them into habits. The goal is to make it something you do all the time," said Zimmerman.

"Individuals who expect too much and over-exert themselves on their first couple of workouts are sure to fail. I see this all the time with ex-jocks, who come in and think they can pick up where they left off 10 years ago," Wolverton said.

Another factor to look out for is the "all-or-nothing" attitude. Sometimes there are going to be lapses. Workouts will be missed, and ice cream will sometimes be eaten. People should not bring themselves down too far because of it. In fact, changing eating habits does not mean completely giving up one's favorite foods.

"I think restricting yourself creates bigger problems. If you tell yourself you can never have another Oreo cookie, all you will do is think about Oreo cookies. You shouldn't put that kind of pressure on yourself. All foods are okay in moderation. People just need to control portion sizes," Zimmerman said.

So, as January fades away, along with the memory of another New Year, the key to keeping those resolutions alive into the months of March, April and beyond is to modify thought patterns and expectations, before actually making lifestyle changes. Achieving a good quality of life does not mean having to live on a model on the cover of a fitness magazine.

# It takes more than muscle to shovel snow

## SMART MOVES

their upper heart rate limit for aerobic exercise training. It is no wonder that each year many middle aged and older individuals experience cardiovascular complications during snow shoveling.

According to The American Heart Association, anyone who chooses to shovel should take precautions. They include:

- Warm up before you begin to shovel.
  - Pace your work and take frequent periods of rest.
  - Lift small, rather than large loads of snow.
  - Refrain from consuming large meals before and after shoveling.
  - Do not consume alcohol, caffeine, or use tobacco before or after shoveling.
  - Avoid inhaling cold air by wearing a breathing mask or muffler.
  - Protect exposed areas of the body from frostbite, another snow shoveling risk.
- In persons who are normally inactive, with known or hidden heart dis-

ease, snow shoveling can trigger heart attacks and even sudden cardiac death. People who are most at risk are men and women over 40 years of age with a history of heart disease or symptoms that suggest a cardiac problem. They include angina, palpitations or dizziness.

Also at risk are those people with one or more of the major coronary risk factors (cigarette smoking, high blood pressure, elevated blood cholesterol, or a sedentary lifestyle). For these people, the best solution is not to shovel at all.

### Know the signs

The American Heart Association stresses knowing the signs of a heart attack and getting to the hospital immediately can save your life. If you have any of these signs, get help fast.

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting for more than a few minutes.
- Pain spreading to shoulders, arms or neck.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.



**Good technique: It's important to remember to bend your knees when shoveling heavy, wet snow. You can cause back injuries if you're not careful.**

## 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, e-mail kmortson@ocentric.com or faxed to (734) 591-7279.

### ONGOING

**ADULT CHILDREN OF ALCOHOLICS**  
Adult Children of Alcoholics and dysfunctional families gather everyday 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.

**BLOOD PRESSURE SCREENINGS**  
Marquette House, a residential assisted living facility in Westland, will hold blood pressure screenings every fourth Tuesday in conjunction with Visiting Nurse Association. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 36000 Campus Drive across from John Glenn High School. Call (734) 326-6537 for information.

### SUNDAY, JAN. 23

LIFESTYLE/WEIGHT MGT.

Review the basic tenets of good nutritional habits and safe weight loss techniques. Practice the art of communication and group facilitation through education, lecture and role playing. Class begins at 12:30 p.m. at Complete Health & Fitness, 36000 Warren Road, Westland. Call 800-AEROBIC to register. Space is limited.

**STEP WORKSHOP**  
This workshop will concentrate on choreography building techniques and fresh ideas as well as a review of the fundamental and an update on the latest research. Class begins at 8:30 a.m. at Complete Health & Fitness, 36000 Warren Road, Westland. Call 800-AEROBIC to register. Space is limited.

### TUE, JAN. 25

**BREASTFEEDING CLASS**  
A one session class providing information to expectant parents on the many positive benefits of breastfeeding. Class meets at 6 p.m. Call (734) 458-4330.

**LIVING WITH DIABETES**  
"Taking Charge of Living with" Diabetes, Jan. 25-Feb. 17, from 7-9 p.m. Call (734) 655-8940.

**CPR RE-CERTIFICATION**  
This course is designed for healthcare professionals who hold a current Healthcare Provider Card issued by

the American Heart Association or Red Cross. \$25. Class runs from 9 a.m. to 1 p.m. at the Mission Health Medical Center - Livonia. To register call (877) 345-6500.

### WED, JAN. 26

**NEWBORN CARE**  
A two session class meets at 6 p.m. Designed to help expectant parents learn about their baby's needs. The second session includes Child & Infant CPR conducted by American Heart Association instructors. Registration required. Call 458-4330.

**WOMEN AND DEPRESSION**  
A mental health professional explains how to identify the signs, symptoms and causes of depression and explores treatment options in this free program. To be held from 7-8:30 p.m. at St. Joseph Mercy Health System's Education Center Ann Arbor. Call (734) 712-6400 to register.

**HELP WITH FOOD**  
"Food for Thought - Calories, How Much, What Kind, Portion Sizes" from 7-8 p.m. at the Bentley Center in Livonia. Call (734) 655-8940.

**SMOKING CESSATION**  
Providence Medical Center in Livonia will host a stop smoking program from 6:30-8:30 p.m. at 37695 Seven Mile Road at Newburgh. Call (877) 345-6500 to register.

### THUR, JAN. 27

**WEIGHT CONTROL**  
Providence Medical Center - Livonia: Mission Health Medical Center, 37695 Seven Mile Road at Newburgh will host the weight control program from 3-5 p.m. and 6:30 p.m. - 8:30 p.m. Call (877) 345-6500.

**HEARTBURN**  
Heartburn: Put out the fire. "Treatments for Chronic Heartburn," will be offered from 7-8:30 p.m. This program provides an overview of gastritis, esophageal reflux, otherwise known as heartburn, including diagnosis and medical and surgical treatment. To register call (877) 345-6500.

### FRI, JAN. 28

**PSYCHOLOGY COURSE**  
Madonna University will offer a psychology workshop during the winter term "Psychological Issues in Child Abuse and Neglect," from 6-10 p.m. and will conclude Feb. 5 from 8:30 a.m. to 8:30 p.m. the workshop examines why child abuse and neglect occur, who perpetrates such acts, the short and long term effects of child abuse and neglect and the various treatment strategies employed with abused children. The non-credit fee is \$1000. Call (734) 432-6731 to register.