

# Celiac Sprue screening in March

The Tri-County Celiac Sprue Support group will host serological screening in conjunction with the University of Maryland's Center for Celiac Research from 11 a.m. to 3 p.m. March 18.

The blood drawing will be for relatives of celiacs, celiacs or other undiagnosed people at Southfield Presbyterian Church (21575 West 10 Mile Road), 1/4 mile east of Lohser.

Dr. Alessio Fasano, co-director of the University of Maryland's Research Center will give a presentation. Lectures and other

information will be available and on going during the testing time. Patients who test positive will be notified directly from the Medical Center of the University of Maryland. The goal of the Center is to increase awareness of celiac disease. They are testing and gathering data throughout the U.S. Findings indicate many first and second degree relatives of celiacs test positive for the disease. Researchers believe celiac disease is under diagnosed in the U.S.

Also known as gluten intoler-

ance, Celiac disease is an autoimmune disorder of the intestinal tract often characterized by malabsorption problems. The immune system damages the small intestine when gluten (found in wheat, oats, rye, barley, spelt, buckwheat and millet) enters the digestive system.

The body produces immune cells that damage the villi in the small intestine. The villi aid in absorption of nutrients during the digestive process. Left untreated the disease can cause small bowel lymphoma. The only

treatment for CD is strict adherence to a gluten-free diet.

A single tube of blood will be drawn at the screening. If the blood test is positive a biopsy is done to confirm and determine the amount of damage. Further blood test and/or biopsies may be done to determine the healing progress and the success of the gluten free diet. \$10 donation requested. There will be supervised activities for children under 12 years old. For registration information call (313) 274-9232 or (248) 647-0076.

## MEDICAL DATEBOOK

**Items for Medical Datebook** are welcome from all hospitals, physicians, companies and restaurants 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@home.com.net or faxed to (734) 591-7279.

### TUE, FEB. 15

#### MEAL PLANNING W/DIABETES

Come join us for an informative evening that covers how you can improve your blood sugar control with helpful eating and exercise ideas. \$5 fee. Meets from 4:50 p.m. at the Mission Health Medical Center in Livonia. Call (877) 345-5500 to register.

### THUR, FEB. 17

#### PRE-MARRIAGE COUNSELING

Couples applying for a marriage license must show proof that they have received counseling regarding the transmission and prevention of sexually transmitted disease and AIDS. Class runs from 7-8 p.m. at the Providence Medical Center - Novi. Cost is \$25 per couple, \$15 single. To register call (877) 345-5500.

### Maternity product provides necessary support during pregnancy, bed rest

Dr. Patricia A. Ferguson has developed a new product, the "Maternal Positioning Support System/Block" to facilitate maintenance of the correct left lateral position for pregnant women required to be at bed rest due to complications of pregnancy or just at rest in otherwise normal pregnancies.

This innovative new product, composed of foam wedge-shaped blocks, was created to provide the necessary support that had previously been maintained with items such as blankets, pillows, IV solution bags, etc.

Ferguson devised the "Maternal Positioning Support System/Block" based on the personal account of her own pregnancy when required to be at bed rest for 10 weeks and from undergoing her cesarean section.

Ferguson is an obstetrician on staff at Providence Hospital in Southfield and her medical expe-

### MON, FEB. 21

#### SPORTS NUTRITION

This class focuses on the basic of sports nutrition for high school athletes. Proteins, carbohydrates, fats and fluids will be discussed. Fee \$10. Meets at 6:30 p.m. at the Providence Medical Office Center - Novi.

### TUE, FEB. 22

#### GOLF FITNESS SEMINAR

Range of motion and proper body mechanics can affect your golf game. Learn how to physically prepare for a great golf season with Physical Therapist John Connolly and Orthopedic Surgeon Phillip T. Schmitt, D.O. at Huron Valley-Sinai Hospital.

Fee of charge. Begins at 7 p.m. (888) DMC-2500.

### WED, MARCH 22

#### HEALTHY CROCKPOT COOKING

Tired of cooking every night when you get home? Utilize a crockpot for quick and healthy meal preparation. Learn how to plan low-fat, healthy meals and modify recipes from Lisa Bailey, registered dietitian at Huron Valley-Sinai Hospital. Recipes and samples for tasting will be provided. Call (888) DMC-2500. Cost is \$5. Class runs from 6:30 p.m.

### TUE, APRIL 11

#### TIA ATTACKS

A TIA (Transient Ischemic Attack) is often a warning sign of a stroke. Many people ignore these "mini-strokes" because the symptoms resolve quickly. Learn how to recognize the signs of a stroke to decrease the risk of

### THUR, MARCH 23

#### ANGER MANAGEMENT

This class focuses on the basic of sports nutrition for high school athletes. Proteins, carbohydrates, fats and fluids will be discussed. Fee \$10. Meets at 6:30 p.m. at the Providence Medical Office Center - Novi.

### WED, MARCH 29

#### ALLERGY TREATMENTS

Learn how allergies are diagnosed and treated from Margaret M. Garriga, M.D. and Ronda Barak-Norris, M.D. Topics will include when to see an allergist, testing available, avoidance and other treatments. Begins at 6 p.m. at Huron Valley-Sinai Hospital.

Fee of charge. Call (888) DMC-2500.

### FRI, MAY 19

#### BLOOD DRIVE

The American Red Cross and Huron Valley-Sinai Hospital is recruiting donors for its blood drive in the hospital's conference center. Blood donors must be at least 17 years of age; weight more than 110 pounds and be in good general health. The donation process takes a little more than one hour. Call (248) 360-3314. Appointments are encouraged.

permanent neurological problems from Neurologist Anne M. Guyot, M.D. Call begins at 7 p.m. and is free of charge. Call Huron Valley-Sinai Hospital to register at (888) DMC-2500.

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# National condom day

## FEBRUARY 14

Wayne County Health officials are reminding everyone to love safely on national Condom Day, being observed this Valentine's Day, Feb. 14.

The condom is one of the best protections against the spread of HIV, says Dr. Donald Lawrence, Wayne County Medical Director. And we here at Wayne County continue to work on combating the AIDS epidemic by reminding people to avoid at-risk behaviors.

The number of deaths attributed to HIV and AIDS in Michigan has dropped 60 percent between 1995 and 1997 due to new treatment programs. However, the number of people contracting HIV has not decreased. Statewide, the estimated number of new infections continues to be 1,000 each year.

#### At-risk behaviors to avoid:

- sharing needles and syringes with infected intravenous drug users
- exposure to body fluids, especially blood
- multiple sexual partners

According to the Michigan Department of Community Health, there are at least 12,500 HIV infected persons in Michigan. The Wayne County Health Department offers free HIV/AIDS anonymous and confidential testing services Monday through Friday from 8 a.m. to 4:30 p.m. On Monday, Feb. 14 the Health Department will provide increased appointments and walk-in services during lunch and regular business hours.

For information on locations and times of clinics, contact the Disease Control Division at (734) 727-7124 or (734) 727-7125 Monday through Friday from 8 a.m. to 4:30 p.m.

## RESEARCH OPPORTUNITY

#### 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) 561-5991 or (888) 607-8839.



## Entrances and Exits: Dances for a New Millennium

Smith Theatre - Oakland Community College  
Farmington Hills, MI  
(Orchard Lake Road, south of I-696)  
(248) 471-7667 Box Office

Friday, February 18, 2000 at 8pm

Spend an exhilarating evening with Eisenhower Dance Ensemble and see our latest premiere dances by Artistic Director Laurie Eisenhower and Chicago jazz choreographer, Billy Sleggenfield. This mixed bill program has something for everyone...from comedy and lyric beauty to athletic virtuosity. Experience the magic of movement!

This performance made possible by support from the Michigan Council for Arts and Cultural Affairs

General Admission: Tickets \$16



## GET A HOME EQUITY LOAN AT A GREAT PRIME 8.75 % RATE

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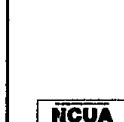
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\*Annual Percentage Rate. Prime Rate is the rate announced in the latest issue of the Wall Street Journal. This variable rate loan is adjusted January 1 and July 1. See your tax advisor to determine tax deductibility. APR quoted is effective 2/10/00 and is subject to change.

## FREE "LIVING TRUST" SEMINAR "What You Ought to Know About Living Trusts"

(What you don't know could cost your family thousands of dollars!)

If you own a home...you have assets worth at least \$100,000...you owe it to yourself and your family to learn about living trusts. If you think you're protected with a simple Will...think again...A Will guarantees that your estate will go through probate, which means that your family may not be able to take possession of your estate for many months, or even years!

Plus, if your estate is over \$675,000, your family may owe estate taxes which could amount to 37.5%.

### FREE SEMINARS

#### Feb. 12

#### Feb. 19

#### Feb. 26

#### March 5

#### March 12

#### March 19

#### March 26

#### April 2

#### April 9

#### April 16

#### April 23

#### April 30

#### May 7

#### May 14

#### May 21

#### May 28

#### June 4

#### June 11

#### June 18

#### June 25

#### July 2

#### July 9

#### July 16

#### July 23

#### July 30

#### Aug. 6

#### Aug. 13

#### Aug. 20

#### Aug. 27

#### Sept. 3

#### Sept. 10

#### Sept. 17

#### Sept. 24

#### Sept. 31

#### Oct. 8

#### Oct. 15

#### Oct. 22

#### Oct. 29

#### Nov. 5

#### Nov. 12

#### Nov. 19

#### Nov. 26

#### Dec. 3

#### Dec. 10

#### Dec. 17

#### Dec. 24

#### Dec. 31

#### Jan. 7

#### Jan. 14

#### Jan. 21

#### Jan. 28

#### Feb. 4

#### Feb. 11

#### Feb. 18

#### Feb. 25

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