

# Flu

from page D3

14. Are there different types of flu viruses? The first flu virus was identified in the 1930s. Since then, scientists have classified flu viruses into types A, B and C. Type A is the most common and usually causes the most serious epidemics. Type B outbreaks also can cause epidemics, but the disease it produces generally is milder than that caused by Type A. Type C viruses never have been connected with a large epidemic.

15. Where can I get more information about the flu? Visit the following Web sites:

- National Institute on Aging Information Center, (800) 222-2225, [www.nih.gov/niag](http://www.nih.gov/niag)
- Centers for Disease Control and Prevention, National Immunization Information Program, (800) 232-3522, [www.cdc.gov/nip](http://www.cdc.gov/nip)
- Food and Drug Administration, (888) 464-6302, [www.fda.gov](http://www.fda.gov)

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**SUN, NOV. 11**

**CHEMICAL SENSITIVITY**

The Multiple Chemical Sensitivity Support Group will meet 2-5 p.m. at the Good Food Company, West, 42616 Ford Road, Canton (on the SW corner of Ford and Lilly). Please come unscented. Call (248) 349-4972.

**PICK-UP A COMPLETE DINNER**

**FOR 6 TO 8 PEOPLE FOR \$125.00**

Turkey, Traditional Stuffing, Butter Whipped Potatoes, Sweet Potatoes, Gravy, Cranberry Relish, Fresh Buttered Green Beans, Canned Organic Greens, Rolls and Pie (Pecan Pie & Apple Pie) (includes pick-up with reheating instructions)

**Restaurant Open Thanksgiving Day**  
2 pm to 10 pm  
Serving our Dinner  
Menu and  
Thanksgiving Specials

**MON, NOV. 12**

**FREE HEALTH FAIR**

Oakwood Health Services and Maple Manor Retirement Community will be holding a free health fair to seniors age 65 and older 11 a.m. to 3 p.m. Nov. 12 at Maple Manor, 3999 Venoy Road, in Wayne. Services free of charge

**28875 Franklin Rd.**  
on the corner of  
12 Mile &  
Northwestern Highway

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**Preview Friday, November 23, 2001**  
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## Arthritis Today

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### ATTITUDE

Having rheumatoid arthritis, osteoarthritis, or lupus arthritis does not bring on the desperation or despair these diagnoses evoke in past years. At present the medical approach can bring relief and operations not imagined 25 years ago.

However, if you have arthritis, you cannot look forward to a rapid return to normal activity because of the advance of medical. Cultivating an attitude is just as important as taking a medicine and using a device to relieve pain.

First, see your arthritis as a problem not to eliminate, but to manage. You will gain a perspective that will give you a reasonable approach to rest, activity, and work.

Second, accept the arthritis as a problem to be managed in a realistic fashion. You will experience limitations based on pain and fatigue, in addition, arthritis results in a decrease in dexterity. At the same time, you cannot become morose, nor dwell on your infirmities.

The third aspect that you must accept is that you must be patient. Remember that most medical treatments take time to become successful. Furthermore, surgery, even when done by the most experienced physicians, is not always successful. You need to keep a clear eye; prepare as instructed for surgery, but ready yourself for the results. You should also prepare for the possibility that you may fall short of expectations.

Finally, remember those times you have preserved and reached a goal you or others thought you could not attain. Recall past success to give you strength for the challenge of the future.

Recall past success to give you strength for the challenge of the future.

[www.drwieiss.youmd.com](http://www.drwieiss.youmd.com)

**SPOTLIGHT ON:**  
**Orthodontics**

by Josephine Finazzo, D.M.D.

### CLEFT LIP AND PALATE

Cleft lip and palate, which occurs in 1 in every 500 live births, should be addressed as soon as possible. The orthodontist can then decide whether to reconstruct a feeding plate, as well as a surgical team to repair the cleft. The child should be seen regularly thereafter by the orthodontist, and will require intervention in several stages, during development. The orthodontist will then reconstruct the upper and lower teeth development. Active treatment is required before bone grafting of the avelar palatal defect, at least ten years of age, depending on the size of the cleft. The orthodontist will then be assisted by the surgeon during the bone grafting, when the canine tooth will erupt through the

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