

Sunday, January 27, 2001

MEDICAL BRIEFS

Fore!

Tired of being a hack and duffer out on the course? Ready to give up being the fifth wheel in a foursome? Well, maybe you're just not fit enough for the game of golf.

Oakland Physical Therapy, P.C. will present "Fit for Golf" 7-9 p.m. Thursday, Feb. 7, and Thursday, March 7. The free, one-evening program focuses on posture, flexibility and strengthening exercises, and prevention of common golf injuries, especially low back pain. The format will include lecture, demonstration, discussion and group participation. The objectives are to:

- Understand proper posture for the golf swing as it relates to unloading the stress on the spine.

- Become aware of common golf injuries and their prevention.

- Learn self-stretching and strengthening exercises for home, office or the gym.

- Review some golf swing faults and their correction.

Guest instructor Torry Henton, an orthopedic physical therapist with over 35 years of experience, specializes in the prevention and treatment of injuries related to golf. His articles have appeared in the *Detroit News Golf Guide*, and he recently was certified as a teaching pro by the Professional Golf Teachers and Coaches of America. Choose the evening most convenient for you and call (248) 380-3550 to register. Wear comfortable clothing and bring a club. Oakland Physical Therapy is located in Providence Park Medical Center, 47601 Grand River Ave., Suite B124, Novi (at Grand River and Beck Road).

Reduce heart attack risk

The American Heart Association recently announced the launch of *MyHeartWatch*, an online, interactive program that provides a host of features for pre- and post-event patients. The Web site, developed by the AHA at myheartwatch.org, offers interactive tools such as Know Your Heart Attack Risk, Ask-an-Expert, Nutrition Calculator, Chat Rooms, Discussion Groups, Behavioral Modification Program and other features.

"With this interactive technology, we're helping patients help themselves. I think anyone who wants to improve their heart health or the health of their family will find this Web site useful," said Jennifer Pickett, AHA's regional program director.

Women and heart disease

Heart disease is the #1 killer of women. More than 440,000 American women suffer a heart attack each year. Women are more likely to develop heart disease 10 to 20 years later than men, at a time in their lives when they may have other health problems. St. Mary Mercy Hospital in Livonia will present a lecture titled "When Ignorance is Not Bliss: Women and Heart Disease" 7-9 p.m. Thursday, February 21 in the hospital auditorium. Speaker Michelle Moccia will identify the risk factors that predispose women to heart disease, discuss preventive strategies, and discuss the myths and realities of diagnostic and invasive procedures.

There is no charge to attend. Please contact the Marian Women's Center department at (734) 655-1182 for more information or to register. St. Mary Mercy Hospital is located at 38475 Five Mile Road in Livonia. Please use the Five Mile Road Entrance. For directions or additional information please visit www.stmarymercy.org.

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 noteworthy information including Medical Database (upcoming calendar events), Medical Newsletters (upcoming news), News in the medical field, and Medical Briefs (medical advances, short news items from hospitals, physicians, companies). We also welcome noteworthy 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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MallWalkers they're Everywhere!

Health, social benefits come with walking the malls

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Malls were made for more than shopping: They were made for walking.

Stop by your favorite mall any winter morning before stores open and you're likely to see hordes of mall walkers heel-toeing it down corridors and around corners. Seniors, young mothers pushing strollers, even business professionals intent on a pre-workday trot fall under the heading of "mall walker."

Seniors make up the majority of mall walkers and that's good. When it comes to keeping aging muscles in shape, it's a use-it-or-lose-it proposition. According to the National Institute on Aging, we lose a whopping 20 to 40 percent of muscle as we age. Also, the NIA recommends seniors, as well as others, get at least 30 minutes of "endurance" activity daily. Walking fits the bill.

"It's an excellent activity," said Sally Randall, community health coordinator for Botsford General Hospital, which is associated with the Livonia Mall. "We have seen so many success stories. People have gone off blood pressure medicine and insulin. People have lost weight. The benefits of walking and keeping themselves going is great."

"I know a lot of walkers stop by the Coffee Beanery

after walking. It's definitely a social thing. I see a lot of them walking with the same people," said Kelly Dummer, marketing manager for the Westland Shopping Center.

Bobbi Gelman, marketing director for the Livonia Mall, sees countless seniors gather at the Athena Cafe every morning before they begin walking. The same seniors often are back for more coffee and conversation in the afternoon.

"They don't want the planned activities that are being foisted on them at the senior citizen centers," she said.

The following malls welcome walkers of all ages, sizes and levels of physical fitness:

Laurel Park Place

37700 Six Mile Road, Livonia

(734) 462-1100

Doors open: 8 a.m. (all doors open)

Walking club: Yes, The Walking Club

Coffee: Coffee Beanery

Mileage: .6 mile

Health: St. Mary Mercy Hospital does monthly blood pressure checks 8-10 a.m. every fourth Monday. Registration for the 16-week Exercise Across America program scheduled 8-10 a.m. Monday, Jan. 28 in the Concierge Desk area.

Livonia Mall
Seven Mile and Middlebelt, Livonia

(248) 476-1160

Doors open: 7 a.m. (park in Lot G)

Walking club: Yes

Mileage: .58ths of a mile

Coffee: Athena Cafe

Health: Botsford General Hospital does quarterly blood pressure checks 8-10 a.m. the third Wednesday in January, April, July and October. The hospital also sponsors health-related talks and provides incentives — T-shirts, water bottles and fanny packs — for accumulating mileage.

Oakland Mall

14 Mile Road and I-75, Troy

(248) 585-0000

Doors open: 7 a.m. (enter main entrance or near Karam Restaurant on the lower level)

Walking club: No

Mileage: .9 mile

Coffee: Not available

The Somerset Collection

Big Beaver and Coolidge Road, Troy

(248) 643-4500, www.thesomersetcollection.com

Doors open: 7 a.m. daily

Walking club: Yes, The Somerset Collection Skywalkers. T-shirts provided.

Please see MALL, C6

Oakwood seminar focuses on menopause

In 1950, when the average American woman could expect to live 47 years, many women never experienced menopause, and those who did saw it as a reminder that life was near its end.

Today, however, with an average life expectancy of 80 years, American women can expect to live a third of their lives after menopause. To make the most of those years, women need to make good health choices. But that's not always easy in light of the dizzying — and sometimes seemingly contradictory — array of information available, particularly on the pros and cons of hormone replacement therapy (HRT).

To provide women with tools they can use to help make good choices, Oakwood Healthcare System, in partnership with WXYZ-TV Channel 7 and the Oakwood Healthcare System Foundation, will sponsor *Menopause: Changing for the Better*, from 8 a.m. to 2:45 p.m. Saturday, Feb. 2 at the Dearborn Inn.

This 12th Annual Turning Points Conference will feature guest host JoAnne Puritan of Channel 7.

Keynote speaker is Dr. Valerie Montgomery Rice, Division of Reproductive Endocrinology and Infertility, Department of Obstetrics and Gynecology, University of Kansas Medical Center.

Her presentation, *Managing Menopause*, explores the complex social changes that take place before, during, and after menopause. She also will outline the impact of cultural diversity and ethnicity on menopause.

Rice is a graduate of Harvard Medical School. She completed a fellowship in reproductive endocrinology at Detroit's Hutzel Hospital in 1993, and was a senior staff physician at Henry Ford Medical Center in 1997-1998. Currently, in addition to her duties as an associate professor, she is conducting several major research studies.

Workshops

Conference participants can participate in up to three of the following workshops:

■ Taking Your Health to Heart

Many women think breast cancer is the greatest threat to their health, but more women die each year of heart disease. Dr. Susan Farkas, Oakwood Healthcare System, will discuss risk factors, how they relate to menopause, and what women can do to optimize heart health. She'll also explain how heart attack symptoms can differ in men and women and touch upon the latest diagnostic and treatment methods.

■ Menopause: A Holistic Approach

Dr. Clinton Greenstone, Oakwood Healthcare System, will present a holistic model to help support women on their journey of change. Complementary

Please see MENOPAUSE, C6