

Mall from page C6

Mileage: Somerset South, 1/4th mile; Somerset North, 1/3rd mile; length of skywalk, 1/8th mile.
Coffee: Starbucks (free), Mrs. Field's Cookies and the Nordstrom coffee bar in Somerset North.

Twelve Oaks
Novi Road, Novi
(248) 348-9400
Doors open 8 a.m. (enter near valet parking)
Walking club: No
Coffee: Cinnamon
Mileage: .75 mile on each level
Health: Free aerobic program (moderately paced) on the upper level near Lord & Taylor. "Some really go at it, and some do it sitting in a chair," said Peggy Hayes, marketing director.

Westland Shopping Center
Warren and Wayne Roads, Westland
(734) 421-0291
Doors open: 7 a.m. Monday-Saturday; 8 a.m. Sunday (enter by Olga's Kitchen)
Walking club: Yes. Holds meetings 9:30 a.m. the second Wednesday.

day of the month in the lower level. Provides coffee and doughnuts.
Mileage: .75 mile
Coffee: Coffee Beanery
Health: Walking club often schedules guest speakers at their meetings to discuss fitness and personal safety issues related to seniors. The mall provides prizes — T-shirts, water bottles and fancy packs — for accumulating mileage.

Wonderland Shopping Center
Plymouth Road and Middlebelt, Livonia
(734) 522-4100
Doors open: 7 a.m.
Walking club: Yes, WonderWalkers
Mileage: 1.25 miles
Coffee: Pretzel Peddler and Big Boy

Health: St. Mary Mercy Hospital does bi-annual blood pressure checks. Sign-up for 16-week "Exercise Across America" program available 6-10 a.m. through Jan. 31 in Food Court.

Walking tips

Laurel Park Place and St. Mary Mercy Hospital in Livonia offer the following tips for seniors starting a walking program:

- Consult your physician to rule out any existing health problems.
- Choose proper walking attire. Shoes should have thick, flexible soles that absorb shock.
- Choose a walking partner to make walking more enjoyable and help you stick with your program.

Now that your shoelaces are tied, your partner chosen and you're heading out the door, keep in mind your goals. You should increase the time spent walking every week, targeting a time for maximum speed. The following is a suggested timetable:

Week	Walk briskly	Total walking time
1	5 min.	15 min.
2	7 min.	17 min.
3	9 min.	19 min.
4	11 min.	21 min.
5	13 min.	23 min.
6	15 min.	25 min.
7	18 min.	28 min.
8	20 min.	30 min.
9	23 min.	33 min.
10	25 min.	36 min.
11	28 min.	38 min.
12	30 min.	40 min.

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Menopause from page C1

and alternative therapies — including homeopathy, herbs, acupuncture, supplements, massage, and meditation — will be integrated with conventional approaches into his holistic model.

■ **Osteoporosis: Sticks and Stones**
Jeff Kline and Jody Tomasek, Oakwood Rehabilitation Services, will discuss bone loss after menopause. It is not inevitable. Kline and Tomasek will outline the measures women can take now to prevent bone loss and the possible onset of osteoporosis, including exercise, lifestyle choices, and the importance of calcium and eating right. They'll discuss screenings, posture and

body mechanics as well as management techniques, such as physical therapy for those who have osteoporosis.

■ **You Are Not Alone: A Caring Approach to Bladder Control Problems**
Dr. Veronica T. Mallet, a subspecialist in urogynecology, Oakwood Healthcare System, will explain how the urinary tract works and discuss the prevalence of urinary incontinence and general organ prolapse as women age. She'll provide women with helpful guidelines for speaking to their physicians about incontinence and explain what kinds of tests should be used to diagnose these conditions. She also will provide

insight into new and exciting treatments.

■ **Upfront: What You Should Know about Breast Cancer**
Breast cancer is the leading cause of cancer-related death in women ages 18 through 54, but detected early enough, it's also one of the most treatable of cancers. Dr. Sharon Helmer, Oakwood Breast Care Center, will present risk factors for breast cancer and provide guidelines for mammography and other diagnostic tests. She will discuss minimally invasive biopsy techniques that are alternatives to open breast biopsy.

■ **Hormone Replacement Therapy: Striking a Balance**
For most women, the process

of deciphering the benefits and drawbacks of hormone replacement therapy is a mind-boggling, stress-inducing process. Dr. Valerie Montgomery Rice, Women's Reproductive Center, University of Kansas Medical Center, will thoroughly review the pros and cons of hormone replacement therapy based on the latest research. She will discuss both the physical and emotional aspects to consider when evaluating hormone replacement therapy.

Cost of the conference is \$35 and includes a continental breakfast and lunch. To register or for more information, call 1-800-643-WELL.

Botsford internal medicine grads rank No. 1

Every patient who receives care at a teaching hospital probably will be treated by a member of the hospital's House Staff.

House Staff is a term that describes physicians who are performing their post-graduate training, both interns and residents. While an attending physician always supervises that care, it is reassuring to know that for the years 1998-2000, the American College of Osteopathic Internists (ACOI) ranked the graduates of the Internal Medicine (IM) residency program at Botsford General Hospital,

Farmington Hills, above other medical school graduates.

ACOI recognizes excellence among physicians who provide care in the discipline of internal medicine. The ranking is based on IM grads' certification examination scores and their board certification pass rate.

Of the approximately 56 IM residency programs at hospitals across the country represented in the ACOI ranking, Botsford's 17 grads not only attained a 100 percent pass rate for board certification, but also the highest scores on the certifying examina-

tion.

"Our grads' top ranking is a reflection of the educational and clinical experience available through Botsford's Internal Medicine residency program. Faculty for this program is comprised of members from the Professional Staff who volunteer their time to pass along their medical skill and knowledge to the next generation of physicians. We are dedicated to maintaining a real sense of teamwork and family at Botsford," commented Gerald W. Blackburn, D.O., Botsford IM Residency

Program Director.

Previous rankings achieved by Botsford's IM grads have traditionally been good, but this is Botsford's first time in the number one slot.

The Botsford Health Care Continuum is an integrated system of care that includes Botsford General Hospital, the Botsford Physician Network, Community Emergency Medical Service, the Botsford Continuing Care Corporation and the Botsford Center for Health Improvement. Botsford's Web address is www.botsfordsystem.org.

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