

## MEDICAL DATEBOOK

## ONGOING

**MULTIPLE SCLEROSIS**  
The Multiple Sclerosis Support Group meets 6 p.m. Fridays at the Livonia Family YMCA, 14266 Stark, Livonia, CA (734) 281-2181.

## OVEREATING

Overeaters Anonymous, a support group for compulsive eaters, meets 7-8:30 p.m. Sundays at St. Mary Hospital in Livonia, Pavilion A. Call (734) 655-8940 or (800) 494-1650.

## TOPS

Join a Take Off Pounds Sensibly support group. TOPS #29 meets 6 p.m. every Tuesday at Newburg United Methodist Church, 36500 Ann Arbor Trail, Livonia. Call Mario at (734) 782-0386.

## WEIGHT CONTROL

Beaumont Hospital's Weight Control Center will offer a new 18-session information and motivation series on weight control 6:30-8:15 p.m. Wednesdays or 10-10:45 a.m. Thursdays. Each session costs \$15. The center is located at 390 Park, Suite 300, north of Maple west of Woodward, Birmingham. Call (248) 723-6300.

## SUN, MARCH 3

**CHEMICAL SENSITIVITY**  
M.C.S. Friends, a support group

for the chemically injured, will meet 2-5 p.m. at 620 Miller Road, Ann Arbor. Call (734) 897-0499 for directions. This will be pot luck and discussion. Bring a dish to pass with all ingredients listed on a card (to benefit those with food allergies). Please come unscented.

## MARCH 4 &amp; MARCH 8

**YOGA**  
The Farmington Family YMCA will offer 8-week sessions of Fitness Yoga 6:45 Mondays, starting March 4, and 10:15 n.m. Fridays, starting March 8. Cost: \$20 donation to the Partners with Youth Campaign. Open to members and non-members. Call (248) 553-4020.

## MARCH 4-APRIL 15

**PARKINSON'S DISEASE**  
The Michigan Parkinson Foundation will hold a seven-week, in-depth education series for people with Parkinson's and their family members 6:30-8:30 p.m. Mondays at Beaumont Hospital in Royal Oak. Speakers include Dr. Peter A. Le Witt, an internationally known movement disorder specialist, and a multidisciplinary team of health-

care professionals. Attendance is limited. Pre-registration is required. Contact the Michigan Parkinson Foundation at (248) 433-1001 or (800) 852-9781. There is a fee for this series.

## TUES, MARCH 5

**SENIOR HEALTH DAY**  
Senior Health Services of Saint Joseph Mercy Health System will present "Senior Health Day" 9-11:30 a.m. at SJM Health Stop located in Briarwood Mall just off I-94 at the State Street exit in Ann Arbor. Discussions on Medicare, eligibility for supplemental programs, and application processes for prescription assistance programs. Samples of healthful food and drawings for prizes. Registration required. Call (734) 827-3777.

## MARCH 4, 11, 18 &amp; 25

**ANOREXIA**  
The Anorexia/Bulimia Support Group meets 7-8:30 p.m. every Monday at Beaumont Hospital, 10th Floor-Classrooms A & B, 3601 W. Thirteen Mile, Royal Oak. Discussions on strategies for recovery and treatment options. Call (248) 551-9200.

## Hospital provides teens babysitting techniques

For many teenagers, babysitting is a great way to earn money for Friday nights at the movies or to save for that first car. Babysitting also carries with it a lot of responsibility.

To help budding baby-sitters meet those challenges, Crittenton Hospital Medical Center offers the Safe Baby-sitters program from 9 a.m. to 1 p.m. on March 2. The 4-hour class covers the basic skills of babysitting infants to preteen children.

Students learn to help a choking child, diaper a baby, and basic first aid. Through role-play, they also learn to call 911 in an emergency, how to handle strangers, and how to handle a fire.

"This is an important class for anyone who loves children and wants to be a baby-sitter," said Karen Pfeiffer, Crittenton's maternal child coordinator. "It gives them the skills they need and confidence in

dealing with children."

Potential baby-sitters must be at least 11 years old to participate. A certificate will be given to each student at the completion of the class. Each four-hour session is \$25. We recommend taking a CPR class as well.

Classes fill up fast, so please call the Community Health & Education Department today at (248) 652-5269 to register.

## Botsford physician offers advanced treatment of bladder control problem

Millions of people suffer from frustrating and embarrassing bladder control problems. They may have tried treatments such as diet changes, exercises, medications and biofeedback to no avail.

For patients whose symptoms did not respond well to these more conservative treatments, Botsford General Hospital board-certified urologist Dr. Lisa J. Finkelstein offers potential relief.

The treatment is Medtronic's InterStim Therapy for Urinary Control. Dr. Finkelstein is the only specialist in the Farmington-Farmington Hills area offering InterStim Therapy.

Before a decision can be made about recommending an InterStim implantation, Dr. Finkelstein performs a test to see what effect electrical stimulation has

on the patient's nerve that controls the bladder and surrounding muscles that manage urinary function. If symptoms improve or disappear during the test period, long-term use of InterStim Therapy may be appropriate for the patient.

The InterStim device sends mild electrical pulses to a nerve located in the lower back, which may eliminate or reduce certain bladder control symptoms. Similar to a smaller version of a pacemaker, the device has helped people with urge incontinence, urgency-frequency and retention problems.

People of any age can suffer from bladder control problems. InterStim Therapy is a significant advancement for some of them. Patients who have not found relief through conservative therapies, including the newer medications, may regain bladder function and improve the quality of their lives," comments Dr. Finkelstein.

Her practice, Suburban Urology Network, is located on the Botsford General Hospital campus. Patients interested in learning more about InterStim Therapy may contact Dr. Finkelstein at (248) 471-0580.

## Parkinson's from page C5

production and storage of dopamine. Dopamine is the vital chemical responsible for transmitting signals to nerve cells that direct muscle activity. Parkinson's disease is generally diagnosed after two of the following symptoms are documented during a period of time: Tremors while resting, slowness of movement, rigidity of the limbs and trunk, and impaired balance.

"There are many unmet needs in the Parkinson's community," Dr. Stern said. "The success of both the PRESTO and RAPID studies could play an important role in providing additional treatment options for people suffering from the disease."

People with a confirmed diagnosis of advanced Parkinson's disease who are interested in participating in either the PRESTO or RAPID studies in the Detroit area can obtain more

information by calling toll free (888) 877-3774.

The PRESTO is a double-blind, randomized, placebo-controlled Phase III trial that will examine the effectiveness, tolerability and safety of rasagiline mesylate in levodopa-treated Parkinson's disease patients. Rasagiline blocks the action of the enzyme that breaks down dopamine in the brain.

The RAPID Study is a double-blind, randomized, controlled Phase III trial that will compare etilevodopa/carbidopa tablets to standard levodopa/carbidopa therapy in patients with advanced Parkinson's disease who experience motor fluctuations. Etilevodopa/carbidopa tablets rapidly dissolve in the stomach, allowing levodopa to enter the bloodstream more quickly.

## Requirements

Both studies require potential participants to currently be in levodopa therapy. Participants must have frequent periods of movement difficulty or must no longer have a consistent response to their Parkinson's medication. They will be asked to keep a home diary detailing the duration of their Parkinson's symptoms. Each trial will require six to eight visits to a study site.

The Parkinson Study Group (PSG) is conducting the PRESTO and RAPID studies, sponsored by Teva Neuroscience, Inc. The PSG is a non-profit, cooperative group of Parkinson's disease experts from medical centers in the United States and Canada who are dedicated to improving treatment for persons affected by Parkinson's disease.

Read The  
Observer  
for local news

"ARRANGING A FUNERAL SHOULDN'T CAUSE YOU MORE GRIEF"

Simple Cremation - **\$625.00** complete  
Simple Burial - **\$995.00**  
(includes minimal casket and concrete grave liner)

Limited service funeral options at similar savings.  
Let us show you how to save on a funeral

**Generations**  
FUNERAL & CREMATION SERVICES  
1-800-491-4499 A unique approach to funeral service

**ADVANCED LASER CLINICS**  
hair removal and skin rejuvenation

Prices Starting At:

UPPER LIP.....	\$99.95
EYE BROWS.....	\$114.95
CHIN.....	\$124.95
NECK.....	\$134.95
BIKINI LINE.....	\$134.95
BACK.....	\$194.95

Financing Available

**LASER HAIR REMOVAL & MICRODERMABRASION**

Our Lightsheer Laser is FDA Approved!

Guaranteed Results in Writing...Call Today!

Call Now Save 5%

23700 Orchard Lake Rd. Suite B  
Farmington Hills  
**248.473.8500**  
www.advancedlaserclinics.com

**Arthritis Today**  
JOSEPH J. WEISS, M.D., RHEUMATOLOGY  
18829 Farmington Road  
Livonia, Michigan 48152  
Phone: (248) 478-7860

**MUSCLE ACHES**

Critics of American life describe us as a sedentary society. When treating people with muscle aches, doctors see the other side of Americans: their compulsion to stay young and fit. Physicians must deal with the results of too much physical activity, done too fast, and compressed into too few days.

The market place is eager to provide you with an answer to your muscle aching. At your disposal are an endless number of balms, sprays, braces and supplements to drink, or pills to swallow that are guaranteed to relieve your aching muscles.

Doctors offer you heat and massage, and advise rest because the other remedies lack proof. No logically developed study has shown that anything that you can buy in the marketplace does any better than heat, massage and rest. Nor is there any reason to believe that any other treatment could work.

Aching muscles come from strain. At the basic level, that injury translates into depletion of cell mitochondrial enzymes, or disruption of actin and myosin filaments. No rubs can reach or repair these aching boxes of muscle. No loading of carbohydrates or protein will allow repair any faster than what the body's own natural rate permits.

Heat and massage help because they bring in an additional blood supply. Muscles rest is important because that allows the body to divert energy to the work repair.

The American problem, as doctors see it, is our fascination with speed. We want a fast fix, when the body calls for a slow return.

www.drjweiss.yourmd.com

**SPOTLIGHT ON:**

**Orthodontics**  
by Josephine Finazzo, D.M.D.

**BRACES, FROM FRONT TO BACK**

Fixed orthodontic appliances ("braces") are composed of two main components - small metal brackets that attach directly to the teeth and the arch wire that connects them together. With standard braces, the brackets are cemented to the front of the teeth. While the semi-transparency of ceramic brackets renders them barely noticeable, some patients prefer that their braces be completely non-visible. That is where "lingual" braces come in. Lingual braces are attached to the back side of the teeth, making them particularly well-suited for adults who want to improve the look and function of their teeth without letting anyone know their treatment. Lingual braces are more expensive, and treatment takes longer, but

most find these tradeoffs to be worthwhile.

When it comes to improving your teeth, there are so many wonderful options these days. If you would like to find out more about today's orthodontics, speak to a professional. At THE ORTHODONTIC GROUP located at 19850 Middlebelt, we would be happy to meet with you and help you decide which choice is right for your lifestyle. We even have a computer imaging system that helps patients visualize what the end result of orthodontic treatment may look like. Payment plans and terms are available. To speak to a professional, call us at 442-8885. Look for our next article in two weeks.

**THE ORTHODONTIC GROUP**  
19850 Middlebelt • Livonia • (248) 442-8885

Cancer is  
a Journey.

## Know Which Way to Turn.

This is no time to go plunging ahead without direction. There are unexpected twists and turns ahead; there are informed choices to make. So before you start, stop. Get your bearings. Get a second opinion. Get the facts you need. Call now.

**Cancer AnswerLine: 1-800-865-1125**

Comprehensive Cancer Center

University of Michigan  
Health System

248.473.8500