

## MEDICAL BRIEFS

### Thyroid

The Michigan Thyroid Support Group now has 500 members. In honor of this achievement, accomplished within just three years, the group will have an open house celebration beginning 6:30 p.m. Monday, April 8, at the Plymouth Library, 223 S. Main Street, Plymouth. The evening will include notable guests, such as Dr. Ng and Dr. Brownstein (author of *Overcoming Thyroid Disorders*) from the Center for Holistic Medicine; cardiologist Dr. Laman; pharmacist Scott Popky, from Health Dimensions; and, you don't want to miss this event. For more information, contact Tracy Green at 734-458-7945 or e-mail: mthyroid@comcast.net. Please visit our web site at <http://mihometown.com/oe/thyroid>.

### Health & Humor

April is National Humor Month, so come and recharge your funny bone while learning how laughter affects the immune system and reduces stress. St. Collette Parish Health Ministry's will present "Humor and Your Health" 7 p.m. Tuesday, April 9, with guest speaker Amanda Hoako of St. Mary Mercy Hospital.

The church is located at 17600 Newburgh Road (between Six and Seven Mile roads, across from Laurel Park Mall), Livonia. If you have any questions, call Joanne in the Christian Service Office at (734) 464-4436. If you have any jokes, bring them with you.

### Grief support

The Grief Recovery Group of Hospice of Washtenaw will present a five-part educational series on five consecutive Tuesdays beginning April 2. Each weekly session will be held 7:30 p.m. at University Living, 2855 South Main, Ann Arbor.

The series offers participants healthy ways to move through the grief process and provides support, understanding and friendship to those who may believe they are alone with their feelings of grief.

The goals of the group are to understand how grief affects you emotionally, spiritually and physically; learn to deal with difficult emotions such as anger, guilt and loneliness; learn to take care of yourself physically, emotionally and spiritually; and take steps to recover from grief and grow because of it. The series is open to the public and there is no charge. It is recommended that participants attend all five sessions. Registration is required. Please call Hospice of Washtenaw at (734) 327-3409 to registration and for more information.

### Prostate cancer

Beaumont Hospital is recruiting volunteers for the "Selenium and Vitamin E Chemoprevention Trial" (SELECT). The research study, funded by the National Cancer Institute, will include more than 32,000 healthy men in North America and Puerto Rico to evaluate selenium (a micronutrient present in food and in supplements) and vitamin E (alpha-tocopherol), to determine their effectiveness in preventing prostate cancer.

Needed are African-American men at least 50 years of age and other men at least 55 years old. Participants must have no prior history of prostate cancer and must be in generally good health. Call Beaumont's Cancer Clinical Trials Office at (248) 551-7695 for more information.

### 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 newsworthy information including Medical Databook (upcoming calendar events), Medical Newsmakers (appointments/now hires in the medical field), and Medical Briefs (medical advances, short news items from hospitals, physicians, companies). We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

### CALL US:

(734) 953-2128

### WRITE US:

Observer & Eccentric Newspapers (Specify Databook, Newsmakers or Briefs)  
Attn: Renee Skoglund  
38251 Schoolcraft Road  
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### FAX US:

(734) 592-7279

### E-MAIL US:

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# Race for



## Know the facts, get involved

This year, 1.3 million new cases of cancer will likely be diagnosed in the United States, according to the American Cancer Society.

Prostate, uterine, ovarian, testicular and vaginal are the largest number of cancer cases. Second highest is the digestive system, including stomach, colon and rectal cancers.

This year 205,000 Americans will be diagnosed with breast cancer. In Michigan, some 7,300 women will be told they have the disease and 1,400 will die this year.

"The disease is highly curable when it's caught early and the key to that is early detection," said Maureen Keenan-Meldrum, chairwoman of the Susan G. Komen Breast Cancer Foundation, Detroit Race for the Cure.

The Barbara Ann Karmanos Cancer Institute recommends that women of all ages should conduct monthly breast self exams. Beginning at age 40 women should have yearly mammograms and an annual clinical exam conducted by a physician or health practitioner trained in giving breast exams.

Enter the Race for the Cure online at [www.karmanos.org/racefortheuredetroit](http://www.karmanos.org/racefortheuredetroit) by Monday, April 15 or by mail by completing an entry form and sending it to: Race for the Cure, 110 E. Warren, Detroit, Mich. 48201. It must be postmarked by Friday, April 12. Entries can be done in person at New Balance Farmington store, 37606 W. 12 Mile Road at Halsted or New Balance Troy store, 821 E. Big Beaver at Rochester Road or Friday, April 19 at the

Please see INVOLVED, C7

BY DIANE GALE ANDREASSI  
SPECIAL WRITER

When Linda Kozlowski was dying from cancer, leaving three young children, she hoped to raise money for research and spread the word about prevention. But she didn't have enough time.

Five years later, her teen daughters, Rachel and Anna Kozlowski of West Bloomfield, do everything they can to get other high school students involved in the Detroit Race for the Cure.

Meanwhile, across town in Farmington Hills, another teen, Austin Poole, hasn't lost a loved one to cancer, but was so inspired by those who have, that volunteering for the Relay for Life has become his passion.

Poole and the Kozlowskis are among a growing number of high school students who are trying to spread information about cancer prevention, detection and the importance of supporting fund-raisers for research.

"We think getting young people involved in good health habits early on is a wonderful thing," said Maureen Keenan-Meldrum, chairwoman of the Susan G. Komen Breast Cancer Foundation, Detroit Race for the Cure. Keenan is assistant director, breast cancer special programs.

"I think it's a good idea for young women to begin to learn to do self-breast exam. Starting younger makes it more of a routine," she added.

Rachel and Anna dream about how high school friends can spend a few hours together once a year during a friendly competition among high schools across the state during the annual Susan G. Komen Breast Cancer Foundation Race for the Cure, which takes place Saturday, April 20 at Comerica Park.

"You feel good that day watching everyone walking in memory of someone or in honor of the people who have survived," Rachel, 18, said. "It's a beautiful thing. And the more money they make the more likely they will find a cure."

### Awareness

Along with raising money, said Rachel, the race also raises awareness among young people. And if more people are thinking about breast cancer, the chances the disease will be caught soon increase, Anna, 16, added.

Rachel, a senior, and Anna, a sophomore, attend Andover High School. They each have groups of friends participating.

"The more awareness, the more people who will detect their own cancer by getting mammograms early, and they will be able to survive it," Anna said. "I hope I can get more involvement by younger kids so they know they need to get tested and they need to know about this serious disease."

Their mother, Linda Kozlowski, was 39 when she learned she had advanced breast cancer that had gone into her bones and lymph nodes. Rachel was 9, Anna, 6, and their brother, David, was 2.

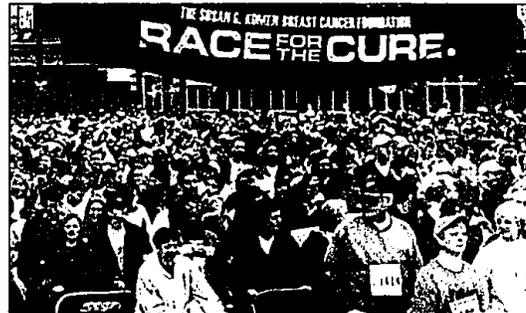
"Linda really wanted to create a series of national fund-raisers that she wanted to call 'Women Alive,'" said Dr. Jay Kozlowski, Rachel, Anna and David's

father. Linda even wrote Oprah Winfrey hoping the charismatic television talk show host would take on the cause and generate national interest. It might have happened if Linda had lived longer.

### Honoring a fighter

After almost half a year of chemotherapy, Linda opted for a bone marrow transplant in Denver. She also sought out alternative medicine treatments, which she pursued along with traditional approaches, in desperate attempts to be cured.

However, about one year after the bone marrow transplant, there were signs that the cancer had returned in a different place of her body. "She really wanted to make sure that the word got out for young women to do self-exams, and when appropriate get mammograms, said Kozlowski, a cardiologist at Huron Valley Hospital-Sinai. "Linda was so outraged



Bigger crowd: Last year's Race for the Cure drew thousands of participants from the metro Detroit area.

at the thought that she might be leaving her kids. She used to say that the most important thing was for our children to never forget her. She wanted them to help in the fight to eradicate cancer in any way."

Rachel and Anna are not only fulfilling their mother's wish by working on the committee for the Race for the Cure, but they're also spreading messages of their own.

"I'm very proud and I know their mom would be," Kozlowski said.

Breast cancer in premenopausal women is a much more aggressive and dangerous kind of cancer, he said.

"A lot of people are under the impression that most

Please see PREVENTION, C7

## Author shares wisdom she found in menopause



Author Dr. Christine Northrup (right) signs books after her recent speech at Oakland University. Pictured with her are Carole Beckett (left), director of Crittenton Hospital Community Health and Education, and Ruth Stephens-Collins, director of Crittenton Community Relations/Development.

BY ANNETTE KINGSBURY  
STAFF WRITER

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More than 700 women packed Oakland University's Shotwell-Gustafson Pavilion in February to hear a popular woman doctor tell them to seize the power granted them by menopause.

The audience seemed ready to hear what Dr. Christine Northrup, a board-certified OB/GYN from Maine, had to say. They cheered and laughed, loud and often, during her 90-minute talk.

"I've always thought about women and the power that we have but I didn't even begin to understand the nature of true power, which comes from within, which comes from being authentic to yourself, until I started to have my first hot flashes," she began. "I have a lot to say."

"That is, I think, one of the things that happens at mid-life. You become more and more inappreciate, thank God. You've been desperate your whole life to tell the truth. ... It makes the status quo uncomfortable. And discomfort is the way oysters make pearls ... I have this fantasy of 40 million women

■ 'I have this fantasy of 40 million women going through this process of being inappropriate for the status quo that ain't working for anyone anyway, and making an enormous number of pearls from that.'

Dr. Christine Northrup  
Board-certified OB/GYN

going through this process of being inappropriate for the status quo that ain't working for anyone anyway, and making an enormous number of pearls from that."

Northrup, whose most recent book is *The Wisdom of Menopause*, had a previous best-seller in *Women's Bodies, Women's Wisdom*. She appears frequently on television, including *Oprah* and *The View*, and has been the host of four public television specials. She wanted to write her book on menopause until she was

Please see POWER, C8