

MEDICAL DATEBOOK

MAY

TERMS/DRUGS
St. Joseph-Mercy Hospital in Ann Arbor will host a two-night program on "Teens Using Drugs" 7:30-9 p.m. Tuesday, May 7 and May 14.

Beaumont Hospital, 44201 Dequindre Road, Troy, will offer "Vaginal Birth After Cesarean" 7-9:30 p.m. Friday, May 10 and May 17, in Classroom 1, Cost.

CHRONIC ILLNESS
The Chronic Illness Coalition will sponsor a forum about coping with chronic illness noon to 4 p.m. Saturday, May 11, at the Southfield Center for the Arts.

BREAST CANCER
The breast cancer education and support group at Beaumont Hospital presents "Beyond Tamoxifen...Hormone Replacements, Treatments and Breast Cancer" 7-9 p.m. Thursday, May 9, in the hospital's 1st Floor Conference Room.

ALZHEIMER'S
Maple Manor Assisted Living, 2929 Varsity Road (south of Michigan Ave.), Wayne, will host a lecture on Alzheimer disease.

POST C-SECTION NATURAL BIRTH

SPECIAL EDUCATION
The Michigan Dyslexia Institute - Detroit Metro Center will sponsor an "Advocacy Training Workshop" on the Special Education Law and the Individualized Education Plan (IEP) 7-9 p.m. Wednesday, May 16.

WOMEN'S HEALTH
Elizabeth Flouride, clinical laboratory specialist and author of "Hysterectomy & Ovary Removal: What All Women Need to Know," will discuss "Maintaining Your Health and Your Sexuality" 7-9 p.m. Thursday, May 16, at the Wayne Public Library.

BABY FAIR
Come visit the Beaumont Baby Fair noon to 4 p.m. Saturday, May 18, at Beaumont Hospital, Administration Building, 3601 W. Thirteen Mile Road.

DEPRESSION
The University of Michigan Depression Center offers a "Family Education Workshop" 6-8 p.m. Monday, May 20, at the East Ann Arbor Health Center.

CANCER/SEXUALITY
Beaumont Hospital's Sharing & Caring program offers "Cancer Treatment and Sexuality Issues" 7-9 p.m. Thursday, May 30, in the hospital's 1st Floor Conference Room.

9 p.m. Thursday, May 30, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 651-8585.

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Seniors from page C6

older adult fitness specialties.
"Strength training is not going to make them immune to certain problems, but anything you can do to keep these people independent is a positive thing."
One of Rubinstein's senior students found, for instance, she no longer needed to use both hands to pick up a gallon of milk after six weeks of training.

sis cannot be stopped, says Pagels. However, weight training raises the baseline strength of muscles affected by the disease.
Strength training often opens unnecessarily closed doors, too, says Pagels. "With progressive illnesses like MS, patients are told there are tasks they won't be able to do, and so the patients tell themselves they have limitations and restrictions."
For seniors with less physical-

ly debilitating diseases, strength training often nets more dramatic results.
That was definitely the case for one of Pagels' clients, a 84-year-old man who has arthritis. When he came to TRACC a year ago, he walked with a cane. Today, he works out three times a week without instruction and no longer uses a cane.
"He is definitely a role model. He works as hard as people 20 or 30 years younger than him. He's very motivated and dedicated."

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860
SHOULDER PAIN
If you develop shoulder pain, you might believe that treatment would be straightforward. If you can point to where the ache is the worse, your doctor should be able to give you an injection at that spot or prescribe medicine to stop the pain.



Making progress
While strength training can't alter the course of physically-debilitating illnesses like multiple sclerosis and Parkinson's disease, it does help patients cope with symptoms, says Monica Pagels, exercise physiologist and clinical program coordinator at Total General Hospital's Total Rehabilitation and Athletic Conditioning Center.
Known as TRACC, the Novi center incorporates strength training in its fitness programs for patients coping with particular diseases.
The progressive muscle weakness and loss of coordination characteristic of multiple sclerosis

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Cancer is a Journey. Know Which Way to Turn.
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Cancer AnswerLine: 1-800-865-1125
Comprehensive Cancer Center
University of Michigan Health System