

Estrogen

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examined the women's attention and concentration during the tests.

The study revealed that women who had been on estrogen since the time of menopause (long-term users) had improved scores in non-verbal memory (spatial memory) and attention when compared to the women who had never taken estrogen.

Personal decision

In spite of the study's results, Smith says that taking estrogen during menopause is a very individual decision that women need to make with their physicians.

"It's important for women to review their concerns and what their risk factors are for heart disease, breast cancer and osteoporosis before taking estrogen," she says. "Estrogen replacement may be something that can help temper some of the mild symptoms that occur during menopause, too, and is something to consider for long-term use."

In addition to memory, HRT may also help prevent and treat bone loss caused by osteoporosis, which increases the risk of bone fractures. HRT also treats symptoms of low estrogen, including hot flashes and vaginal dryness.

A future U-M study focusing again on long-term estrogen use

Facts about HRT and menopause

- While the physical and emotional signs of menopause may vary within women, most will experience common symptoms, one of which is mild memory impairment.
- A pilot study conducted at U-M Health System demonstrated that long-term estrogen replacement therapy can help improve certain types of cognitive areas, particularly non-verbal or spatial memory and attention.
- The study revealed that women 60 years or older who had been on estrogen since the time of menopause (long-term users) had improved scores in non-verbal memory and attention when compared to the women who had never taken estrogen.
- HRT may also help prevent and treat bone loss caused by osteoporosis and other common menopausal symptoms such as hot flashes and vaginal dryness.
- For more information, visit the following Web sites:
 - U-M Health Topics A - Z: Hormone Replacement Therapy <http://www.med.umich.edu/1lib/women/gyn03.htm>
 - U-M Health Topics A - Z: Premarin <http://www.med.umich.edu/1lib/women/gyn04.htm>
 - U-M Health Topics A - Z: Aging and Your Body <http://www.med.umich.edu/1lib/mature/mature03.htm>
 - MCARE Health At Home: Menopause <http://www.mcare.org/healthathome/menopause.html>
 - National Institute on Aging: Hormone Replacement Therapy <http://www.nia.nih.gov/health/agepage/hormone.htm>
 - National Institute on Aging: Menopause <http://www.nia.nih.gov/health/agepage/menopause.htm>

is already in the works. It will further compare long-term estrogen users to non-estrogen users to investigate their cognitive function. The study will also look at the brain areas used when women are performing

certain cognitive tests and will image different neurotransmitter systems in the brain. The study is presently recruiting participants.

For more information on the U-M study on Hormone Replacement and Memory, call (734) 647-7266.

Study looks at newly approved drugs

BY LAURAN NEERGARD
AP MEDICAL WRITER

WASHINGTON (AP) — Only 16 percent of new drugs approved in the last decade were novel chemicals that the U.S. Food and Drug Administration deemed a significant improvement over older drugs, a study says.

The vast majority instead were similar to existing medicines. Yet during the same time, consumer spending on prescription drugs more than doubled to \$132 billion — and most of the increase was spent not on the most innovative drugs, says the study by the National Institute for Health Care Management.

The FDA and other groups have long cautioned that major pharmaceutical breakthroughs are rare. But the study to be released Wednesday — by an institute partly funded by managed care — is among the first to rank spending according to drugs' relative importance to health care.

The findings show patients must be smart consumers, said institute president Nancy Chockley. "We are all under the impression that 'new and improved' is always much better, yet that's not always true," she said. But the study drew immediate fire from the drug industry.

It "appears to be little more than a political and financially motivated cheap shot mas-

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Nancy Chockley
Institute president

querquing as science in the public interest," said Richard Smith of the Pharmaceutical Research and Manufacturers of America.

The FDA ranks drugs according to different criteria, such as whether they contain a never-before-used chemical. In addition, FDA-dubbed "priority drugs" promise a significant health improvement over existing treatments.

FDA deems "standard" drugs that don't promise a significant improvement — although having options is important, as patients unhelped by one drug may respond to another, and small differences between competitors can prove important to individuals.

The institute reviewed 1,035 drugs that FDA approved

between 1989 and 2000, and found that only 163 were both FDA-designated priority drugs and made of novel chemicals — in other words, a highly innovative drug.

Many other drugs that won FDA approval were modified versions of an existing medicine, a trend that increased as the decade wore on: Between 1989 and 2000, the FDA approved 304 such drugs, compared with 168 in the previous six years.

New drugs are often more expensive than their older competitors. But when the study examined the \$132 billion Americans spent on prescription drugs in 2000, it found \$44 billion went for drugs approved since 1995 — and only one-third of the spending was for the most innovative medicines.

The industry's Smith attacked the study's premise that a "standard" drug isn't very important. He said up to half of depression patients try two or three antidepressants before finding the one that works for them, and that many patients would deem very important a new weekly version of a pill they must take daily.

ADVERTISEMENT FOR BIDS CLARENCEVILLE SCHOOL DISTRICT

TYPE OF BID

a. Notice is hereby given that Clarenceville School District will receive sealed bids for the purchase of:

Two (2) 29 Passenger Buses

RECEIPT OF BIDS

a. Bids will be received at: Clarenceville Schools Board of Education Office
20210 Middlebelt Road
Livonia, MI 48153

Until Monday, June 10, 2002, 2:00 p.m., local time. All bids should be marked "Bus Bid."

2. Bids will be opened publicly in the Clarenceville Schools Board of Education Office, 20210 Middlebelt Road, Livonia, MI 48153 at 2:00 p.m., local time on June 10, 2002 and read aloud.

BIDDING DOCUMENTS AND SPECIFICATIONS

a. The bidding documents and specifications can be obtained at the Clarenceville Schools Bus Garage 28832 W. Eight Mile Road, Farmington Hills, MI 48336, or by contacting the Director of Maintenance and Operations at (248) 473-8945.

Clarenceville School District reserves the right to accept or reject any or all bids, to waive irregularities and to accept a bid which, in the owner's opinion, is in the owner's best interest.

Published: June 2 and 9, 2002

L1100000

CITY OF FARMINGTON HILLS 11 MILE ROAD RECONSTRUCTION DRAKE ROAD TO HALSTEAD ROAD

Sealed proposals will be received by the City of Farmington Hills Clerk's Office, Oakland County, Michigan at the 31555 Eleven Mile Road until 10:00 A.M. Wednesday, June 12, 2002, at which time and place all proposals will be publicly opened and read aloud.

This project consists of the reconstruction of approximately 3,400 feet of Eleven Mile Road with 18" of 21AA base course and 5" of bituminous concrete along with related drainage improvements.

Approximate quantities are as follows:

Remove Pavement	11,000 SYD
Bituminous Mixture No. 700, 20C, 2"	1,280 TONS
Bituminous Mixture No. 1300L, 20AAA, 1.5"	960 TONS
Bituminous Mixture No. 1300E, 20AAA, 1.5"	860 TONS
Aggregate Base, 21AA Limestone	5,950 TONS
Concrete Curb and Gutter, C-4	7,100 LFT

Plus miscellaneous items necessary for a complete project.

Plans, specifications, and proposal forms may be obtained at the City Clerk's Office at the above address on or after 1:00 P.M. Monday, June 3, 2002, upon payment of \$20.00, which is non-refundable. Persons desiring that the plans be mailed shall also submit an additional Five (\$5) Dollars to cover handling and postage. Proposals must be submitted on the proposal forms furnished by the City of Farmington Hills. Each proposal shall be accompanied by a Certified Check or Bid Bond by a recognized surety company in the amount of five percent (5%) of the bid, payable to the City of Farmington Hills, as security for acceptance of the Contract.

The City reserves the right to waive any or all proposals, to waive irregularities and/or informality, and to make the award that, in the opinion of the City Council, is in the best interest and to the advantage of the City of Farmington Hills.

KATHRYN DORNAN, City Clerk

Published: June 2, 2002

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CLARENCEVILLE SCHOOL DISTRICT OAKLAND AND WAYNE COUNTIES, MICHIGAN

NOTICE IS HEREBY GIVEN that the Public Accuracy test for the June 10, 2002 regular school election has been scheduled for Monday, June 3, 2002 at 10:30 a.m. in the Clarenceville School District Board of Education meeting room, 20210 Middlebelt Road, Livonia, Michigan.

The Public Accuracy test is conducted to demonstrate that the voting equipment used to tabulate the results has been prepared in accordance with law.

JOHN KANYO
Secretary, Board of Education
Clarenceville School District of
Oakland and Wayne Counties

Published: May 28 & June 2, 2002

FARMINGTON PUBLIC SCHOOLS INVITATION TO BID

Farmington Public Schools will accept sealed bids for PAVING AT FARMINGTON HIGH SCHOOL, at the Lewis Schulman Administration Center, 32600 Shilohwase, Farmington, MI 48336. Bids will be publicly opened and read at 1:00 P.M. Monday, June 10, 2002 for recommendation to the Board of Education at their next regularly scheduled meeting.

A bid bond for 5% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid proposal. No certified checks accepted.

Bids may be obtained by calling Paul Hain, Purchasing (248) 489-3344. Any questions should be referred to Mr. Cliff Seiber of Seiber, Keast & Assoc. at (248) 473-7850.

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Arthritis Today

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



DON'T WAIT - THE LOSS IS TOO GREAT

If you develop a swollen knee, do not talk yourself into a wait-and-see attitude. You can convince yourself that the discomfort is not much, that you are able to get where you want to go, and that waiting until the swelling ends is the best way to carry on. You are wrong.

What you don't take into account is the activity loss. You may not think you are changing to accommodate your swollen knee, but you are. You may begin by making lower steps to the basement. You may find that you are spending more time in your most comfortable chair and declining opportunities to go for a walk or most others for lunch. You may attribute the change to just not feeling up to it.

The better reason is that your body senses the need to rest the knee and is imposing that need on you.

A similar pattern occurs with shoulder pain. The effect comes from the discomfort and the strain imposed on your body by not reaching, holding or using objects in a natural way. You cannot help but become sluggish and irritable, which leads to restricting what you will do and how quickly you go into the world.

The alternative to waiting to see what will happen to your knee or shoulder, is to get help. See your doctor. Take your physician's advice and follow his treatment. In my experience, patients who come out of their self-imposed waiting are both amazed and shocked when they realize how much they give up of their life in exchange for a wait-and-see attitude.

www.drjweiss.yourmd.com

Published: May 28 & June 2, 2002

CITY OF FARMINGTON HILLS

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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

www.answercancerline.org

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