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surprised how truthful his patients are about their alcohol intake. However, he adds, serious drinkers or alcoholics may avoid doctors. He recommends limiting your alcohol intake to two ounces a day.

"And use a bartender's measure, not your own."
Rabinowitz believes three or four drinks a week is plenty. "An occasional glass of wine, perfectly legitimate. A cocktail before dinner, perfectly legitimate. A couple of beers on a Sunday afternoon, perfectly legitimate," he said.

However, the numbers add up, he warns. Four beers a day adds up to 28 beers a week. "That's a lot of alcohol."

Stress

"We all live a stressful life. That's part of life," said Rosenbaum. "For people who are happy in their jobs and happy at home, the stress is irrelevant within limits. The real problem is with people who do not find satisfaction in their life. Then stress becomes a problem."

Sleep deprivation can be a sign of depression, a condition men are often reluctant to talk about with their doctors, said Rabinowitz.

"Men usually say, 'I'm okay.' I ask them three questions: Are you having fun in life? Do you go to bed with your worries? How do you sleep? People who go to sleep and wake up at 2 a.m. and

say they can't fall back asleep...there's a likelihood of depression."

The good news is that the treatment for depression is much better today than it was, said Rosenbaum. It can be treated with psychotherapy, medication or a combination of both.

Another sleep-related disorder is obstructive sleep apnea, a condition that affects millions of men and causes them to stop breathing several times during the night for intervals of several seconds. It is often age-related and caused by excessive weight gain.

"Doctors are really watching for it," said Rabinowitz. "It can lead to uncontrolled hypertension, coronary artery disease, mood changes and falling asleep at the wheel... It is something very treatable."

Common sense

Unfortunately, when it comes to men and their health, lack of common sense is not something that can be quickly remedied. Sometimes it takes the threat of a heart attack or prostate cancer to bring a man to a doctor's office. All the more reason to eat right, exercise, avoid tobacco, limit alcohol and see the doctor regularly.

"Then, usually you're struck by lightning or have bad luck, you're going to live to your 80s or better," said Rosenbaum.

PUBLIC STORAGE MANAGEMENT NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that pursuant to Section 4 of the Self Storage Facility Act, State of Michigan, the undersigned will sell at public auction by competitive bidding. Bids are for cash only. Removal within 24 hours.

For sale are storage units which rent and fees are past due. On the premises where said property has been stored and which are located at Public Storage, 34050 Nine Mile Rd., Farmington, MI on 6-25-02 at 2:15 p.m. Personal property described below.

- In the matter of:
- Chizamanique Whitlsey D002, misc. items
 - Dean Bruza E012, misc. items
 - Domonic Pearson D017, misc. items
 - Tom Pearson D027, misc. items
 - Sarmad Gamma G072, misc. items
 - Sarmad Gamma G073, misc. items
 - Botabn Smith D068, misc. items
 - Celeste Grier A009, misc. items
 - Howard Gorman E020, misc. items
 - Woodview Apt. Inc. G051, misc. items
- Published June 15 and 16, 2002

MEDICAL DATEBOOK

JUNE

WEIGHT REDUCTION

Providence Hospital and Medical Centers will hold the Wellness Seminar for weight reduction at the following times and locations: 5-5 p.m. and 6:30-8:30 p.m. Wednesday, June 19, Mission Health Medical Center, 37595 Seven Mile (at Newburgh), Livonia; 1-3 p.m. Saturday, June 22, at Providence Park, 47601 Grand River (Beek Road entrance), Novi. Call (877) 345-5500.

SKIN CARE

Canton Center Chiropractic Clinic and Arbonne International will offer "Skin Care 101" 7-8:30 p.m. Wednesday, June 19 at the clinic, 6231 N. Canton Center Road, Suite 109, Canton. Discounts for products. Contact Veronica Preblich at (734) 397-8485.

BREAST CANCER DETECTION

Beaumont Hospital's Sharing & Caring program will present "Mammograms vs. Ultrasound: A Guide to Diagnostic Tools" 7-9 p.m. Thursday, June 20, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 851-8585.

BONE MARROW/STEM CELL

The National Bone Marrow Transplant Link will offer "Ask the Experts," a free educational forum for patients, family members and health professionals 9:30 a.m. to 3 p.m. Saturday, June 22 at the Livonia Civic Library. Physicians, nurses, social workers and bone marrow transplant coordinators will share expertise. To register, call (800) 646-6268 or send an e-mail to nbmlink@aol.com.

DEPRESSION

The University of Michigan Depression Center offers a "Family Education Workshop" 6-8 p.m. Monday, June 24, at the East Ann Arbor Health Center. Learn about depression's risk factors and treatments. Open discussion will be facilitated at the end of the session. \$25 per person; \$30 per family. Preregister by calling (734) 764-0267 or visiting www.med.umich.edu/depression.

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
8820 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

SORTING OUT LEG PAIN

Legs often hurt, the reasons for some pain are obvious. For example, after spending hours on your knees gardening, you expect that for the next 3-5 days your legs will ache.

Other leg pains come out of nowhere. You may arise from bed and feel a pain in the back of your leg that doesn't go away. You cannot recall any activity that could cause the pain, and you know you wouldn't sleep in an awkward position that would result in such discomfort.

Then there are pains that come and go, but return. Over time the pain stays more and becomes more intense.

Which of these leg pains need a doctor's appointment, and which are best cared for by you? The pain that comes and returns obviously needs medical evaluation. Usually such pain comes from a joint. If from the groin, the likely cause is the hip, and if behind the knee then the problem is likely in the knee joint itself. Persistent ankle and foot pain so disturbs walking, you need no urging to see medical help.

Most leg pains are the result of muscle strain; the most common are quadriceps and hamstring pulls. You can tell if you have a muscle strain by what happens to the pain when you walk. Joint problems become worse, muscle strains improve. In cases of muscle pain, heat helps and time is on your side. In the era of marvelous medicines, we should remember that still the most amazing and capable treatment comes from ourselves.

www.drjweiss.yourmd.com



CITY OF FARMINGTON 2002 SUMMER TAX STATEMENT PUBLIC NOTICE

The City of Farmington Summer 2002 Property Tax Statement is payable from July 1, 2002 through August 31, 2002 without penalty. A 4% penalty will be added to delinquent taxes on September 1, 2002. City Hall offices will be open for payment of taxes 8:30 A.M. to 4:30 P.M. Monday through Friday except for the following:

Thursday, July 4, 2002

For your convenience, a depository is located in the City Hall lobby. Applications for deferment of 2002 taxes are available at the City of Farmington Treasurer's office. If your income for 2001 did not exceed \$25,000 and you are a paraplegic, quadriplegic, senior citizen, eligible serviceman, eligible widow, blind, or totally or permanently disabled, your application must be filed with the City of Farmington Treasurer's office not later than September 15, 2002. Deferment Summer Taxes may be paid without penalty until February 28, 2003. By law, if the last day for payment falls on a Saturday, Sunday, or legal holiday, the last day will be extended to include the next day which is not a Saturday, Sunday, or legal holiday.

PATSY K. CANTRELL
City Clerk/Treasurer

Introducing Oakland Virtual Medical Center, Oakland County's premier outpatient resource dedicated to serving the needs of patients and doctors.

At the Oakland Virtual Medical Center, eight state-of-the-art outpatient facilities have been redesigned to provide a forward-thinking, interconnected resource for state-of-the-art outpatient care serving all of Oakland County. Here you'll find a friendly staff of professionals ready to care for the individual needs of patients and doctors.

Doctors will appreciate our Virtual Scheduler™ technology and prompt on-line test results. Using our advanced software, they can schedule treatment or review a patient's test results on-line. Beautifully refined surroundings make visits more relaxing for everyone and afford ample privacy for consultation. No request is too great. No service is too small. We even serve a great cup of Starbucks coffee!

The future of outpatient care has arrived in Oakland County. Visit our website at www.oaklandvirtual.org and discover the difference it could make in your life. Or call (866) 887-OVMC (8682) for complete information.

OAKLAND VIRTUAL MEDICAL CENTER LOCATIONS



- 1 BERRY SURGERY CENTER (248) 851-6767
 - 2 MAISEL WOMEN'S HEALTH CENTER (248) 539-4040
 - 3 ROSE IMAGING CENTER (248) 932-3200
 - 4 KARMANOS CANCER INSTITUTE'S WEISBERG CANCER TREATMENT CENTER (248) 538-8505
 - 5 LAHMER SURGERY CENTER (248) 357-0880
 - 6 CENTER FOR CLEAR VISION & VISION REHABILITATION INSTITUTE (248) 357-4365
 - 7 LASER SURGERY INSTITUTE (248) 358-3128
- CLEAR VISION CENTERS (248) 848-9007
OVMC LABORATORY SERVICES (800) 456-2154
*Not shown on map

Oakland Virtual Medical Center
Eight trusted names. One dedicated system.