

## Rx briefs

### Medical center

The Henry Ford Health System has opened a new Center for Complementary and Integrative Medicine (CIM) at the Henry Ford Medical Center - Novi, 4000 West Eight Mile Road at Haggerty in Novi.

Ultimately, a complete range of practitioners, including a holistic physician, a hypnotherapist, a chiropractor and a holistic nutritionist, are expected to provide services onsite. Currently, acupuncture, massage therapy and St. John neuromuscular therapy are offered and business is booming.

"We have the credentialed practitioners that people are looking for whether they are trying to stay well or receive treatment for their chronic problems or diseases," says Denise Jacob, administrative manager for the center.

A store in the reception area also will be available for purchase of healing arts books, music, herbs, vitamins and other health-related products. For more information, call (248) 380-6201 or visit [www.henryford.com/cim](http://www.henryford.com/cim).

### Senior care

Home Instead Senior Care, based in Livonia, provides at-home companionship and other non-medical home care services for the elderly, including meal preparation, medication reminders, light housekeeping, incidental transportation, errands and shopping.

"We're proud to serve our local community by providing trained caregivers who help the elderly remain independent and at home," said owner Glenn Yaroch.

Home Instead Senior Care's services are available from a few hours a week to overnight or 24-hour care on a temporary or long-term basis. Hourly fees range from \$12 to \$19.50. The office is located at 32280 Five Mile Road, Suite 3, Livonia. Call (734) 525-5300 or visit [www.HomeInstead.com](http://www.HomeInstead.com).

### Study participants

A new treatment for male urinary incontinence is the focus of a clinical research trial being conducted by urologists at Beaumont Hospital. Urinary incontinence is a loss of bladder control or the involuntary loss of urine, a condition that affects one in five older American men.

To be eligible for the study, men must have had prostate surgery. Participation will last at least two years. Potential participants will be given an implant screening, evaluation of medical history, a physical examination and urine and bladder function tests.

For more information, call (248) 551-3355.

### Volunteers

Providence medical centers in Southfield, Novi, Livonia and Farmington Hills are in need of volunteers. Adult men and women and high school teens are needed for clerical work, information desks, nursing units, emergency departments, medical practices, oncology departments, healing arts, pastoral care, gift shop, medical library and more.

A wide variety of days and times are available. Call the Volunteer Services Department at (248) 849-8806.

# TAKE THE CHALLENGE



## GET HEALTHY! GET FIT!

Sandra Dalka-Prybyl, a Beverly Hills-based freelance writer, has set out to lose weight once again. Since reaching her goal last year, she has hit a few potholes. However, she's back on track and wants you, our readers, to join her in her quest for health and fitness. We'll publish a monthly update of her progress.

BY SANDRA DALKA-PRYBYL  
CORRESPONDENT

I did it! I lost 170 pounds and gave up smoking cigarettes! I was a winner! Then came the fall of 2001. After keeping the weight off for more than four years, severe stress came into my life. My husband lost his job just as our youngest child joined her brother and sister in going away to college. This depressed me. Not only was money scarce - three kids in college. Whew! - but I like being a hands-on mother. I like having all my chicks in the nest. Now they were gone! My husband and I were empty nesters.

Well, to be truthful, the nest wasn't quite empty. My husband was hanging around all the time, because he couldn't find a job in his field. My daily routine was broken and stress began to build. And, when there is stress in my life, I eat!

The excess eating caused me to worry about gaining back the weight. This worry caused more stress. To help stave off the pounds and to combat the stress, I began to smoke again. Overeating and smoking. I was a mess!

Still, life wasn't done with me. There were more obstacles to come. I injured my foot on one of my daily three-to-six-mile walks. One of the things I learned when I was losing

weight was the importance of regular activity. I had become - and still am - hooked on exercise. I love, yes, LOVE to work out, especially walking outdoors. It is, I discovered, salvation for my body and soul. Now this part of my daily routine had come to an abrupt end, at least until my foot got better. (To make matters worse, because of my husband's unemployment, we didn't have health insurance or the money to see a doctor to speed up the recovery!)

### THE SPIRAL BEGINS

Depression over the adverse situations resulted in more food and continued smoking. Then came Sept. 11. I turned to ice cream and hot fudge sauce. It was supposed to make me feel better. It didn't. Instead, I felt guilty. The final assault to my well-being came when my dear aunt, a woman who was like a mother to me, got sick. Weeks, then months in the hospital,

with daily visits from me, took their toll. What healthy food plan was left was abandoned. When she died in February, I was so off track that there seemed little hope for ever returning to the healthy lifestyle I had come to appreciate and enjoy.

Then came the coup de grace. The scale showed that the less-than-healthy food habits had made an impact, a big impact. I had gained back almost 50 pounds!

So here I am ... not quite back to where I started, but certainly heading in that direction.

It's time to stop the downward spiral. It's time to get rid of the excuses, no matter how valid. There's even a recent medical study that justifies my and others' weight gain. According to the study, a hormone has been discovered that increases appetite after a person loses weight. This, in turn, makes it harder to keep the lost weight off. Now here's a good excuse. But, no! It's time to forget all these things and do what all of us should do! It's time to return to healthy eating and regular exercise. (Finally, the foot is getting better although I'm not quite ready to become a walker again!) It's time to throw away the cigarettes!

### A COMMITMENT

I've recommitted to health and fitness. My goal is to end 2002 in a better place than I started this year. I will return to my desired weight of 155 pounds, a healthy weight for a 5-foot, 7-inch, 57-year-old woman.

## Join Sandra's Fitness Forever club

In the coming months, Sandra Dalka-Prybyl will report on various aspects of living a healthy lifestyle, including the successful weight-loss and smoking-cessation programs in the Observer & Eccentric readership area. We think these stories will be of great interest to you. Watch for them.

In deference to our readers, Dalka-Prybyl has formed a "Fitness Forever" club. This is a chance for you to join her as she undertakes her personal challenges of weight loss and smoking cessation. You have your own lifestyle challenges, and she wants to hear about them and help you succeed.

As an American Council on Exercise Certified Lifestyle and

Weight Management Consultant, Dalka-Prybyl will answer your questions and offer motivation and advice to help further your weight-loss endeavors. You may e-mail her at [dprybyl@hotmail.com](mailto:dprybyl@hotmail.com).

We want to hear about your success stories of losing weight, stopping smoking and starting an exercise program. We'd also like your picture. (Don't be shy. You know what they say...a picture is worth a 1,000 words, or is that calories?)

Send your story and picture to Renee Skoglund, Health & Fitness, The Observer & Eccentric, 36251 Schoolcraft, Livonia, MI 48150. Contact her at (734) 953-2128; fax: (734) 591-7279; e-mail: [rskoglund@oe.homecomm.net](mailto:rskoglund@oe.homecomm.net).

Graphic by Randall Masters  
Photo by Jim Jagdfeld

## Don't let foodborne illness spoil your picnic

"It must have been something I ate" is a familiar complaint from people suffering from diarrhea or an upset stomach caused by improperly handled or prepared foods. The Wayne County Department of Public Health wants to make sure that food bacteria do not ruin this year's outdoor fun.

"Your weather is ideal for picnics and barbecues, but those warmer temperatures create an inviting environment for harmful microorganisms," says Steve Tackitt, Wayne County Environmental Health director. "Food that is undercooked, served improperly or left out for a short time is susceptible to bacteria."

Foodborne illnesses cause flu-like symptoms - headaches, diarrhea, vomiting, stomach cramps and fever. The Centers for Disease Control and Prevention estimates that food poisoning causes 76 million sicknesses, more than 300,000 hospitalizations and 6,000 deaths in the United States. Those at highest risk of bacterial infections are infants, pregnant women, seniors, the

chronically ill and those with compromised immune systems. To prevent becoming a victim of food poisoning illness, Tackitt recommends these simple food safety tips:

### HOT OR COLD IS HOW TO HOLD

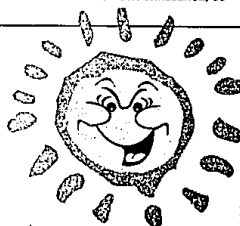
- Keep hot foods hot and cold foods cold. Use a thermometer to check food for doneness. Cook meat and chicken thoroughly. Red meat should be at an internal temperature of 145 degrees F. Poultry should be cooked to 165 degrees F. Properly cooked fish is opaque and flakes easily with a fork.
- Have two insulated coolers with ice or frozen gel-packs. Use a cooler for water, juice and soft drinks and the other for perishable foods. Having separate cooler for drinks will help perishable foods in the other cooler stay cold.
- Never thaw foods, marinate or leave leftovers out at room temperature. To safely thaw foods, unfreeze them in the refrigerator.
- Refrigerate leftovers or repack leftovers in a cooler right away. Food should not be left out for more than two hours or one hour if the temperature is above 90 degrees F.

### SEPARATE, DON'T CROSS CONTAMINATE

- Cross contamination occurs when bacteria are transferred from one food to another through a shared surface. Don't let juices from raw meat, poultry or seafood come in contact with already cooked foods or foods that will be eaten raw.
- Don't place cooked foods on plates that held raw meat. Take a fresh plate to the grill and use it for cooked foods.
- Place packages of raw meat, poultry or fish on plates on the lower shelves of refrigerators to prevent their juices from dripping on other foods.

### DON'T BE A DOPE, WASH WITH SOAP

- Wash hands with soap and warm water for 20 seconds before and after handling food. This is especially important when handling raw meat, poultry and seafood products. Have wet wipes on hand if there is no running



water available.

- Prepare food on unclean surfaces, using a diluted bleach mixture to sanitize food preparation areas (two capfuls of household bleach per gallon of water). After cutting raw chicken, clean the cutting board and utensils with hot, soapy water. If your cutting board has excessive cracks and cuts, replace it with a new one.

Tackitt adds another method for ensuring food is safe for consumption: "When in doubt, throw it out!" For more information of foodborne illnesses, call the Wayne County Department of Public Health's Environmental Health Division at (734) 727-7400.

