

## MEDICAL DATEBOOK

## ONGOING

**Self-Help groups**  
Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at (877) 777-5556.

**Overeaters Anonymous**  
Support group for overeaters meets 7 p.m. every Friday at Providence Park-North, 47601 Grand River Avenue, Novi, Mich. (313) 438-HELP or (248) 474-9456.

**Headache**  
Do you suffer from constant headaches? If so, join the Headache Foundation Support Group the first Wednesday of each month at Providence Northwestern Medical Center-Farmington Hills, 30055 Northwestern, Farmington Hills, Call (248) 258-1973.

**Alcoholics Anonymous**  
Everyone is welcome to the AA meetings held on every Tuesday and Thursday at Providence Medical Center-Novi, 39500 W. 10 Mile Road in Farmington Hills, Novi, Call (248) 348-9362. AA meetings also held every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia, Call (734) 953-1188.

**Thyroid cancer**  
Thyroid Cancer Survivors Association,

Inc. support group meets 7-8:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the Thyca SE Michigan Support Group, call Mary Rose at (734) 397-2801 or e-mail: SE\_Michthyca.org. For information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

## JULY

**First Aid**  
If you need to know CPR as a work requirement, join this class and earn the American Safety and Health Institute Adult First Aid Certification. Meets MDSHA requirements for training. Class held 6 p.m. Monday, July 29, at Mission Health Medical Center-Livonia, 37595 Seven Mile Road at Newburgh, Livonia. Cost is \$30, including book. Must have a current CPR card and present it to class. Call (877) 345-5500.

**Nursing homes**  
John St. Mary Mercy Hospital, Livonia at 7 p.m. Wednesday, July 31, for a presentation that will empower you to make informed and caring choices for your loved ones. "Get Good Care Without Going Broke: Finding the

Right Nursing Home" will be presented in the Auditorium by James Schuster, elder law attorney, who will show participants how to conserve financial resources, time and reduce stress. Written resources will also be available. Free. For more information or to register, call (734) 455-8940 or (800) 494-1650 (for out of area callers). Web site: www.stmarymercy.org.

**Stop Smoking**  
Providence Hospital and Medical Centers will hold the Wellness Seminar for smoking cessation on two dates: 6:30-8:30 p.m. Wednesday, July 31, at Providence Medical Center-Livonia; Mission Health Medical Center, 37595 Seven Mile Road at Newburgh, Livonia; and 10 a.m. to noon Saturday, Aug. 3, at Providence Hospital, 2255 Providence Drive at the Medical Bldg., Southfield. Hypnosis and behavior modification. For reservations, call (877) 345-5500.

## AUGUST

**Alopecia**  
The National Alopecia Network support group meets 7 p.m. every Friday at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Next meeting Aug. 2. Call (313) 345-9537.

**Senior Health Day**  
Saint Joseph Mercy Senior Health Services will present a Senior Health Day 9-11:30 a.m. Tuesday, Aug. 6, at SJM Health Stop, located in Briarwood Mall just off I-94 at the State Street exit in Ann Arbor. "Caring for Aging Skin Changes, Problems and Prevention" will be the theme. Free skin screening of hands and face. Samples of healthy foods plus free gifts. Call (734) 827-3777.

**Tremor Support Group**  
The Michigan Tremor Support Group will meet 7-8:30 p.m. Thursday, Aug. 8, at Temple Israel, 5725 Walnut Lake Road, West Bloomfield, to discuss "Dealing with Tremor at Work and School." The group is open to anyone suffering from tremors caused by Essential Tremor or Parkinson's disease. Caregivers welcome. Call (248) 683-4138 or visit www.tremorsupport.com.

**Fibromyalgia**  
The CFS/Fibromyalgia Support Group meets 7 p.m. Thursday, Aug. 8, at the Livonia Civic Center Library, 32777 Five Mile Road. The topic will be "The Stages of Chronic Illness." Call (248)

346-3164 or visit the group's Web site at www.mhometown.com/cfs/fibromyalgia.

**Diabetes & Exercise**  
Oakwood Healthcare System offers a "Diabetes and Safe Exercise Workshop" 7-9 p.m. Monday, Aug. 12, at the Oakwood Cardiac Rehab Center, 22050 Beech, Dearborn. Workshop includes a demonstration and tips on using and purchasing exercise equipment. Fee: \$8. Participants may bring one guest at no additional charge. Pre-registration is required. Call (800) 543-WEILL or visit www.oakwood.org.

**Grief Support**  
Angela Hospice in Livonia offers a grief support group the second and fourth Tuesday of the month. The next meeting is 6:30 p.m. Tuesday, Aug. 12. Call Bereavement Coordinator Ruth Fawcett at (734) 464-7810.

**Fibromyalgia**  
"Understanding Fibromyalgia" will be held noon to 1:30 p.m. Thursday, Aug. 15, at Correct Care Family Chiropractic, 26446 W. Six Mile Road. The lecture and luncheon features Dr. Amanda Appleblat of the

Doctor's Speakers Bureau, who will discuss holistic approaches to chronic pain and fatigue. No charge. Registration required. Call (313) 537-8100.

**Thyroid cancer**  
Thyca SE Michigan welcomes all to attend their Saturday Social 1 p.m. Aug. 17, at the Box Bar, across from Kellogg Park in downtown Plymouth. Call Mary Rose at (734) 397-2801 or email: SE\_Michthyca.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

**Post-Polio Syndrome**  
The Michigan Polio Network will host its 17th annual Post-Polio Syndrome Conference Aug. 23 and 24 at the Valley Plaza Inn, Midland, Mich. The conference is open to anyone who wants to learn more about Post-Polio Syndrome or any other late effects of having had polio. Polio survivors and their caregivers welcome. Cost is \$25 and includes continental breakfast and lunch on Saturday. Pre-registration is recommended. Call (313) 985-7855 or (616) 964-8184.

## Stuttering video available at library

Stuttering is a frustrating and embarrassing problem for millions of people, but it can be especially tough on elementary school-age stutters.

Now some new help is available for parents, teachers and speech-language pathologists at the Livonia Civic Center Library in Livonia in the form of a videotape designed specifically to help school-age children who stutter.

"It's meant to give speech-language pathologists the tools they need to deal with stuttering in this age group, but it also offers good ideas for parents and teachers," said Professor Peter Ramig of the University of Colorado at Boulder. Ramig is one of five nationally recognized experts in the video produced by the non-profit Stuttering Foundation of America.

The video features students from the first through sixth grade, some of whom talk about their experiences with stuttering. They talk openly about the teasing they face from classmates and how their stuttering sometimes makes them feel about themselves. "We focus on demonstrating a variety of therapy strategies that are appropriate in working with children who stutter," adds Ramig. He appears in the video along with speech-language pathologists Barry Quinlan of the University of Vermont, Hugo H. Gregory and June Campbell of Northwestern University and Patricia Zebrowski of the University of Iowa.

These five experts answer questions about stuttering, refute myths and misconceptions and present examples of

therapy sessions showing how stuttering can be reduced.

"More than a million Americans stutter, yet stuttering remains misunderstood by most people," said Jane Fraser, president of the Stuttering Foundation. "Myths such as believing people who stutter are less intelligent or suffer from psychological problems still persist despite research refuting these erroneous beliefs."

The 38-minute video, entitled *Therapy in Action: The School-age Child Who Stutters*, is being distributed free of charge to public libraries nationwide. For more information about obtaining your own copy, contact the Stuttering Foundation of America, P.O. Box 11749, Memphis, TN 38111-0749, or call toll free at 1-800-992-9392.

## New procedure helps those with corns

Now that warm weather is here, people are spending more time on their feet. Whether it's walking, playing sports, taking a hike or playing tennis, feet can definitely take a beating.

Corns, calluses and pinched nerves in the foot and ankle can cause extreme pain and discomfort. Severe corns result in an area of hardened tissue that causes a temporary deformity of the toe or foot, and can lead to infections.

"These conditions can intensify in warmer weather when people are more active. This type of foot problem can really slow you down," said Steven Watson, a podiatrist at Canton Foot Specialists. "Twenty percent of our patients seek treatment for these conditions."

That mirrors the national average. About one of every five patients is treated for a corn, callus or pinched nerve, also known as neuroma. That amounts to an estimated 37.6

million patient visits nationally, according to a survey by the American Podiatric Medical Association. Collectively these conditions are the second most common complaint of patients who seek foot and ankle care.

The first complaint is heel pain. A procedure known at neurolysis is now in its second year of use by Canton Foot Specialists to treat corns, calluses and neuromas. Podiatrists at the office first must identify the nerve responsible for the condition. Then, a special solution is administered to deactivate the nerve. The procedure is done over a period of several weeks to prevent damage to the soft tissue surrounding the area of treatment.

"Neurolysis is the first treatment of choice because it is non-invasive and offers a high rate of success, even over surgery," said Dr. Watson. "It is safe for patients of all ages, especially for those who cannot

have surgery due to circulation and nerve conditions, including diabetes."

The procedure offers a complete cure for 80 percent of patients as many others experience significant relief. Successful treatment restores the normal appearance of the foot, eliminates the risk of infection and eases pain. If additional treatment is needed, patients may try an orthotic custom-made shoe insert or have minor foot surgery.

Following the procedure, patients are able to resume most activities, including walking and going up and down stairs. It doesn't have the longer recovery period that is common with foot surgery.

For more information about neurolysis, call Canton Foot Specialists at (734) 981-7800 or visit the website at www.cfdw.com. Offices are located in Canton, Garden City and Plymouth.

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