

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-Novi, 47601 Grand River Avenue, Novi. HelpLine: (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 at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Haggerty), Novi. Call (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188.

Hernia Repair

Dr. Larry W. Shapiro, a general surgeon, will schedule free hernia screenings by calling (866) 437-6429. His offices are located in Farmington, Walled Lake and Garden City.

SEPTEMBER

Parent Talk

Would you like to know how to communicate constructively with your children? Chick Moorman, an inspirational speaker will present a four-session program

Parent Talk: Words that Empower, Words that Wound. 6:30-9:30 p.m. on Sept. 9, and Sept. 16 at Crittenton Hospital and Medical Center, 1101 West University Drive, in Rochester. This class based on the book and program designed by Moorman, who has addressed over 300,000 parents and educators. The program is personalized and infused with humor, helping participants connect with the concepts and adapt them at home. The cost is \$30 per family, registration required. Call (248) 652-5269.

Bereavement

"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American Home on Middlebell Road in Livonia. Next meeting Monday, Sept. 2. The group also meets 3 p.m. the third Thursday of the month at Dorwin Nursing Center on Middlebell Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.

Smoking Cessation

Beaumont Hospital will host "Stop Smoking," a four-session smoking cessation program 7-9 p.m. Tuesdays, Sept. 3, 10, 17 and 24 in the hospital's Administration Building, first floor-Medical Quality Program Management Conference Room, 3601 W. Thirteen Mile, Royal Oak. \$50. To register, call (800) 633-7377. For more information, call the Respiratory Care department at (248) 551-6031.

9-11 blood drive

To commemorate 9-11, Beaumont Hospital will host a community blood drive 9 a.m. to 3 p.m. Saturday, Sept. 7, in the Administration Bldg., lower level - Classroom 1, 3601 W. Thirteen Mile, Royal Oak. Call (248) 551-0760 for an appointment.

Thyroid

The Michigan Thyroid Support Group will meet 6:30 p.m. Monday, Sept. 9, at the Plymouth Library, 223 S. Main Street, Plymouth. Dr. David Brownstein (http://dabrownstein.com/) from The Center for Holistic Medicine in West Bloomfield, will be the guest speaker. He is the author of Overcoming Thyroid Disorders, Overcoming Arthritis, and The Miracle of Natural Hormones. Call Tracy Green at 734-453-7945, e-mail mlthyroid@comcast.net, or visit http://mimhometown.com/thyroid.

Divorce support

The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month beginning Sept. 10. At the first meeting, an attorney will answer questions in a private setting on a first-come-first-served basis. Call the WRC at (734) 462-4443.

Arthritis Self-Help

The Arthritis Foundation, Michigan Chapter will offer an "Arthritis Self-Help Course" 1-3 p.m. Sept. 11, 18 and 25 at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia. Call (800) 494-1658.

Fibromyalgia

The CFS/Fibromyalgia Support Group meets 7 p.m. the second Thursday of the month at the Livonia Civic Center Library, 32777 Five Mile Road. The next meeting is Sept. 12. Call (248) 346-3164.

Arthritis

Oakwood Healthcare System will offer "Don't Let Arthritis Beat You," a free program on preventing and managing arthritis 9 a.m. to noon, Saturday, Sept. 14, at the Dearborn Inn. The event will include a question-and-answer session with orthopedic surgeon Dr. Eric Silberg. Pre-registration required. Call (800) 543-WELL.

Prostate screening

Garden City Hospital will offer a prostate screening day Sunday, Sept. 15, at the Allen Breskie Medical Office Building. Screening includes PSA blood test. Cost: \$5. Call (734) 458-4330 to schedule an appointment.

Loss of baby

"Parents Supporting Parents," a support group for parents coping with the loss of an infant through miscarriage, stillbirth or newborn death, meets 7 p.m. the third Monday of each month at Providence Hospital-Southfield, 16001 W. Nine Mile, Southfield. Next meeting Sept. 16. Call (248) 649-5342.

Alzheimer's/Dementia care

Lutheran Home Livonia, 28910 Plymouth (between Inkster and Middlebelt), Livonia, will offer "Communicating & Connecting with the Alzheimer's/Dementia Resident," a one-hour program presented 6:30 p.m. Tuesday, Sept. 17, by the Michigan Public Health Institute-Center for Long-Term Care. Call (734) 425-4814.

Health care

Learn about the types of services home care provides, how to choose a home care provider and payment options. St. Mary Mercy Hospital will host a lecture on "Health Care Options in Your Home" 1-3 p.m. Wednesday, Sept. 18, in the Auditorium. All who attend will receive a free booklet on "A Consumer's Guide to Home Health Care." No fee. Pre-registration is requested. Call (734) 655-8940.

AMA Walk

The American Heart Association's Metro Detroit American Heart Walk will take place Saturday, Sept. 21, on the grounds of the Meadowbrook Festival at Oakland University, Rochester. Walkers can choose a 1 mile or 2.5 mile course. Call (800) 968-1793 or visit www.heartwalkkintera.org/detroit.

Back to school means more hours of sleep

After a summer of staying up late and sleeping in, getting your kids back on a school schedule can be difficult. But University of Michigan sleep specialists say when the school bell rings this year there are some things you can do to make sure your child doesn't hit the snooze button.

"A good night's sleep is important to a child's health and safety," says Dr. Timothy Hoban, a pediatric sleep specialist in the Division of Pediatric Neurology at the U-M Health System. "When children come to school feeling alert, they are ready to learn."

To help children get the sleep they need throughout the year Hoban offers the following tips:

- Create a bedtime routine. Bedtime routines are important, regardless of a child's age. It should include at least 15-30 minutes of calm, soothing activities. Immediately prior to bedtime, encourage quiet time. Discourage television, exercise, computer and telephone use, and avoid caffeine.
- Establish a regular bedtime and wake up time. Parents and children should plan a daily schedule that includes the basic daily sleep requirements for particular age groups. Try to maintain the schedule on weekends.
- Achieve a balanced schedule. Identify and prioritize activities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which can contribute to poor health and sleep problems.

KIDS' SLEEP NEEDS

The National Sleep Foundation recommends the following sleep guidelines for children:

- Preschoolers: 11-13 hours/night.
- Elementary school students: 10-12 hours/night.
- Pre-teens: 9-11 hours/night.
- Teens: 8.5-9.5 hours/night.

ities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which can contribute to poor health and sleep problems.

■ Be a role model. Parents and guardians can be role models for school-aged children by establishing their own regular sleep schedules and a home environment conducive to health sleeping habits.

■ Become a sleep advocate. Take steps to encourage scheduling of events to help children keep their sleep schedules; appropriate school start times; and a sleep curriculum in health and biology classes to help students better understand the importance of sleep to their overall health.

money. When my children were young and we ate out, they had to pay if they wanted soda pop. It was amazing how often they chose water.

GET ENOUGH SLEEP

Teenage and college students are often sleep deprived. This leads to fatigue, which can result in eating more food and drinking more caffeine in an effort to gain energy. Sleep deprivation may also produce insulin resistance, a phenomenon that increases not only weight gain, but also the risk for diabetes. If you turn off the

TV and go to bed earlier, you reduce the time spent snacking, rest your brain for school, and potentially improve test performance.

All these strategies will prevent weight gain and improve school performance - for your healthy living.

Sandy Baumann has an M.S. in biochemistry and is the author of *Feed the Brain for Learning*. She has served as a college biochemistry instructor, a director of senior health promotion at a local hospital, and has been giving health presentations in the Detroit area for more than 15 years. Write her at emergingfree2000@yahoo.com.

WEIGHT

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serotonin in the brain, which acts as a natural mood elevator and stress reliever. Playing outdoors in natural light raises serotonin and helps curb appetite. The light outdoors on a cloudy day is about 20 times that in a bright classroom.

Regular physical activity also builds muscle and raises calorie-burning in the body, thereby reducing potential weight gain.

EAT BREAKFAST

You wouldn't dream of running a race after a 15-hour fast, yet many students who skip breakfast expect their brains to work even when they haven't eaten anything before dinner the night before and lunch the next day - often an interval up to 15 hours. Skipping breakfast doesn't prevent weight gain; it builds hunger that results in binge eating and evening snacking.

Eating protein for breakfast promotes alertness for learning, keeps hunger at bay, and increases the concentration

needed to perform complex tasks in class. Good and fast sources of protein for breakfast include hard-boiled eggs, low-fat cheese melted on whole-grain bread or bagel, peanut butter on a whole-grain wafer, or leftover vegetarian pizza.

Breakfast smoothies are easy to make by blending one cup plain yogurt with a half a banana and a half cup berries or other fruit, along with a dash of honey. You can also add protein powder to the mix. To increase omega-3 fats needed for healthy brain tissue and arteries, I add two tablespoons of ground flaxseed to my smoothies.

DON'T SUPERSIZE FAST FOOD

Most fast food might well be labeled "Fat Food." A Big Mac and a medium fries contain 1,020 calories. A regular hamburger and a small fries add up to 480 calories. Choosing grilled chicken over hamburger, salad over french fries, and milk over milkshakes are simple substitutions that lower fat and calories, while increasing nutrition. When you order salad, request reduced-fat dressing and don't use the whole packet.

Asking for water instead of pop saves both calories and

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