

# SEATTLE

## Rx Briefs

### The healing mind

Learn to let go of painful, fearful attitudes so that true healing can take place. The Botsford Center for Health Improvement, 39750 Grand River Avenue (between Haggerty and Meadowbrook), Novi, will offer a class in "Alliudinal Healing" 7 p.m. Monday, Oct. 14.

Instructor Caroline H. Smith pursued a master's in psychology and anthropology and continued her professional training at Harvard Medical School Mind/Body Institute, the National Institute for the Clinical Application of Behavioral Medicine and the Academy for Guided Imagery.

The cost is \$45. Register by calling (248) 477-6100.

### Child safety

Oakwood Annapolis Hospital, Wayne, is the site for the annual "Hunt for Red October" Run, beginning 8 a.m. Saturday, Oct. 5, to benefit the child passenger safety programming for new parents at the hospital.

The event includes a 10K run, 5K run, 5K walk and mile "sit" walk/run for kids 12 and under.

Colorful, commemorative long-sleeve cotton shirts are complimentary for the 10K and 5K run/walk entrants. Register early. Size and quantity may be limited.

Custom Red October pins will be given to all runners/walkers at the finish line, and sculpture awards will be given to evening group winners and the top 10 overall male and female walkers.

To receive an application by phone, call (313) 586-5486 or e-mail [cookc@oakwood.org](mailto:cookc@oakwood.org). For online registration visit [www.gaitrace-management.com](http://www.gaitrace-management.com).

### Right to Life essay

Right to Life - Lifespan, Livonia, is sponsoring a pro-life essay contest for students in 9th-12th grades in public, private or home school who reside in Wayne, Oakland and Macomb counties.

The essay must be 500-1,000 words on the topic of abortion, infanticide or euthanasia and must be received no later than noon Wednesday, Nov. 6. The essay must be titled, "The first prize is a \$1,000 savings bond, second prize a \$400 savings bond and third prize a \$200 savings bond."

For complete rules and regulations, call Right to Life - Lifespan at (248) 777-9090.

### Fighting cancer

Could the body's immune system be the real super hero in the battle against cancer? New advances in vaccines, cryosurgery and blood/marrow transplants may give us the fight chance we need.

A panel of University of Michigan scientists and oncology specialists are on the front lines of this exciting research. Come and learn.

This free community program will be held 7-8:30 p.m. Wednesday, Oct. 16, at the Livonia West Holiday Inn (on Six Mile, just east of I-275).

Reservations are encouraged and can be made by calling (800) 742-2300 and entering category 7870. Or make reservations online at [www.cancer.med.umich.edu/learn/cansnigh1.htm](http://www.cancer.med.umich.edu/learn/cansnigh1.htm).



## Taunting and teasing others often a sign of problems at home, in school

BY RENÉE SKOGLUD  
STAFF WRITER

Remember that school bully, the boy or girl who made your life miserable for months, sometimes years? Sure you do. Everyone remembers at least one classmate who taunted and teased the kids with uncles or glasses, even pushing around the kids who were smarter or smaller - just to get some laughs.

You might even recall teachers and parents telling you to just ignore the bully. Kids will be kids, they said. But schoolyard bullying is not a rite of passage, something to be endured until it becomes a distant memory. Being the victim of a bully can have long-lasting psychological scars, says Kim Zarour, author of *Facing the Schoolyard Bully: How to Raise an Assertive Child in an Aggressive World*.

"Victims may suffer from anxiety, low self-esteem and depression. In the extreme, some victims may attempt suicide. A bully is not to be ignored. Child and adolescent mental health specialists at the University of Michigan Health System say both parents and child-care providers need to be aware of what creates a bully's behavior and the toll it can take on his or her victim."

"When you really take a close look at bullying, it's happening with kids who feel the need to be aggressive after being treated in an aggressive manner themselves," said Dr. Paul Quinlan, director of Child & Adolescent Psychiatry Inpatient Services at the U-M Health System. "They're the kids who may be suffering from abuse or from just not having their needs met at school or at home."

David Carpenter, a child and adolescent psychiatric therapist with the Henry Ford Health System's Behavioral Health Clinic,

believes when teasing turns to bullying, the roots of such behavior lie in the home.

"When you cross over the line into bullying, that child (usually) comes from a home where he has been criticized or where his parents are not interested in him. There's probably mental or physical abuse. Bullies feel rejected. They feel powerless," he said.

"With few exceptions, bullies are made, not born, said Carpenter.

"It seems to start in the home. In other words, children are not born with aggressive bullying behavior. Generally, a child will be fostered, nurtured and trained in the home in terms of behavior. Years one through five are very critical."

### WHO'S THE BULLY?

Ninety-five percent of the time, bullies are hyperactive males who are "disruptive, disrespectful, lack empathy and want everything now," said Carpenter.

"Parents give them everything they want to get them out of their hair," he added.

In a survey of 15,686 students in grades 6-10 conducted by the National Institute of Child Health and Human Development, almost 30 percent said they were involved in bullying, whether they bullied, were targeted by bullies, or both. Gender, age and race played significant roles. Boys rather than girls were most often the bullies and the bullied; bullying occurred most frequently among 6th- to 8th-graders; and black teens reported being bullied less frequently.

Donna Rhodes, executive director of curriculum and instruction for the Redford Union School District, said bullying usually starts in the later elementary years and "frequently takes the form of teasing that gets out of control and then moves on to intimidation."

"Bullies are typically children who are very insecure," she said. "We look at it from the point of the child being needy." Schools in her district offer these children classroom support, counseling and an opportunity to become involved in school activities, such as sports.

"We give them avenues where they can feel good about themselves so that they don't have to bully."

Boys bully differently than girls, she said. "Boys are right up front with their activities. They are down and dirty and much more trackable. Girls' bullying is much more subtle."

Carpenter agrees. "Girls are more passive-aggressive in their approach to bullying, and probably more destructive. They will attack a person's reputation, character and integrity," he said.

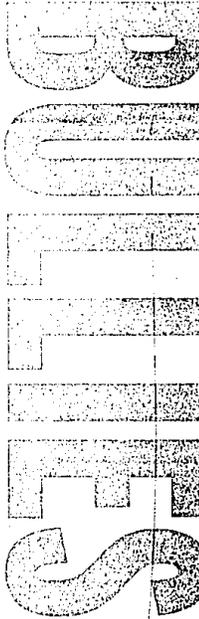
He recalled a young girl he once knew who constructed a Web site about a boy and "made up a whole lot of things that were not true. For older kids, especially in junior high school, this is devastating."

Girls who bully come from the same type of home as aggressive boys," said Carpenter. There's a lack of nurturing from the mother and a lack of respect from the father, and such a legacy carries on into adulthood.

"These are the women in the workplace who gossip and destroy reputations," he said.

### DEALING WITH A BULLY

If the bullying becomes a chronic behavior, Quinlan warns that the child is at a higher risk to engage in anti-social behavior, such as stealing or attempting to physically hurt others, as an adult.



PLEASE SEE BULLIES, C5

## New trial compares 2 prostate cancer treatments

ANN ARBOR, MI - This year, more than 180,000 American men will be diagnosed with prostate cancer. Another 35,000 will die because of it.

Now, for the first time, a national trial will compare two major forms of prostate cancer treatment to determine which is the most effective cure.

The SPIRIT trial, to take place at multiple prostate cancer centers across North America, will compare seed implant therapy to the surgical removal of the prostate, or prostatectomy, says Dr. Martin Sandoz, a urologist and associate director of the University of Michigan Health System's Prostate Cancer Program.

The trial was developed through collaboration between urological surgeons and radiation oncologists at the University of Washington, Princess Margaret and Sunnybrook Hospitals in Toronto, Duke University and University of Michigan. It hopes to enroll 2,000 patients across the United States and Canada.

"We know both options are effective ways to treat prostate cancer," says Sandoz. "What we don't know is how they will compare two, five or 10 years

after treatment, in terms of their effects on survival and quality of life." The prostate gland is found only in men. It's about the size of a walnut and is located below the bladder in front of the rectum. The urethra, the tube that carries urine, runs through it.

Cancer occurs when cells in the gland begin to grow out of control. Most of the time, prostate cancer grows very slowly. Occasionally, though, it can grow quickly and spread to other parts of the body like the lymph nodes or other organs.

Because it grows at different rates, how an individual patient's prostate cancer behaves is critical to determining

whether he is eligible to participate in the study.

Those who are eligible to participate in the study will be randomly assigned to receive one of the two treatments.

Seed implant therapy involves inserting tiny radioactive seeds into the prostate. The first step, says Dr. Patrick McLaughlin, a radiation oncologist at the UMHS, is to take a picture of the prostate gland. "Since prostates range in size, we use the image to determine how many seeds should be implanted and where they should be placed."

Several seeds are implanted during an operating room procedure. Checks are done to make sure the seeds are in the right place. This procedure allows the patient to go home the same day, but several additional follow-up scans are necessary to confirm the seeds are indeed where they are supposed to be.

"The outcome of this procedure is directly related to the quality of the implant," says McLaughlin. "Good implants are very, very effective at curing the cancer."

### FACTS ABOUT PROSTATE CANCER

■ One in eight men will develop prostate cancer, making it the most common form of cancer among American men.

■ Roughly 60 percent of prostate cancer cases diagnosed are in men over the age of 60.

■ African Americans and those with also a family history of prostate cancer are at increased risk.

■ Men should begin to consider prostate cancer screening at about age 50. Those who are of African-American origin or with a family history of prostate cancer should begin in their mid-40s.

■ There are usually no symptoms of prostate cancer when it is in its early stages. Symptoms of advanced disease include blood in the urine, unexplained weight loss and pelvic or bone pain.

PLEASE SEE PROSTATE, C7