

Study: Lifestyle has stronger link to disease

Lifestyle may be a stronger link to disease than aging, according to a study by the University of Michigan Health Management Research Center. But, as the aging, lifestyle can be controlled.

The study looked at such conditions as heart disease, cancer, diabetes and past strokes and found that those with a high-risk lifestyle were significantly more likely to suffer from disease than those who were considered low-risk.

HMRC senior research associate Shirley Musich analyzed the self-reported health data of 135,251 people among age group and risk levels.

Risk level was determined by factors such as smoking, lack of exercise, overweight, high blood pressure or cholesterol, high stress and life dissatisfaction.

People with two or fewer health risks are categorized as low risk, while persons with five or more are high-risk. The correlation between risk levels and

presence of disease is dramatic:

- In the 65-and-older group, disease affects 26 percent of the low-risk individuals and 80 percent of those at high risk.
- For 45-to-64-year-olds, about 10 percent of those at low risk report a disease, compared to 66 percent of those at high risk.
- Only 3 percent of the low-risk adults under 45 report a disease. Among high-risk people in that age group, it's 25 percent.

"Living a healthy life does not guarantee you will not get a disease, Musich said. "But it certainly raises the odds against it."

Her findings, reported in Disease Management & Health Outcomes, are based on the health survey data of current and retired employees of General Motors Corp who were also continuously enrolled in traditional or preferred provider organized (PPO) medical plans during the period 1990-99.

ADA's Diabetes Expo planned for November

The American Diabetes Association is promoting the first annual Diabetes Expo scheduled for 9 a.m. to 4 p.m. Saturday, Nov. 2, at the Southfield Civic Center Pavilion, 2600 Evergreen Road, Southfield. Sponsors include Great Lakes Diabetic Supply, Health Alliance Plan, Aventis Pharmaceuticals, Medtronic Minimed, Mix 92.3 WMXD-FM and PhRMA.

The event will focus on the importance of proper nutrition and exercise in daily life. Through keynote speakers, free health screenings and advanced

technology, consumers will receive relevant information on diabetes care. The expo will also provide access to health and wellness services throughout the area.

According to the American Diabetes Association, nearly 17 million Americans have diabetes, and more than six million do not know they have the disease. Complications of diabetes include cardiovascular disease caused by atherosclerosis, blindness due to diabetic retinopathy, kidney disease due to diabetic nephropathy, nerve disease and amputations.

OCTOBER

Carpal tunnel syndrome
Learn the facts about carpal tunnel syndrome and the alternatives to drugs and surgery. The Doctors Speakers Forum will present a free workshop 7:30 p.m. Tuesday, Oct. 8, at the Livonia Civic Library, 3277 Five Mile Road, Livonia. Call (800) 286-0556.

Restless legs
Get your boots ready for walking. The Restless Legs Syndrome Support Group will meet 2 p.m. Tuesday, Oct. 8, at OptiMyces, 25184 Central City Pkwy., Westland, across from Marshall Fields. Contact Jan at (734) 453-4847.

Depression
St. Mary Mercy Hospital will hold a free mental health screening day 6-8 p.m. Thursday, Oct. 10. The screenings address depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder. The hospital is located at 36475 Five Mile Road, Livonia. Call (734) 655-1591.

Fibromyalgia
The CFS/Fibromyalgia Support Group meets 7 p.m. the second Tuesday of each month at the Livonia Civic Center Library, 3277 Five Mile Road. The next meeting is Oct. 10. Call (248) 346-3161.

Thyroid cancer conference
The 5th Annual Thyroid Cancer Survivor Association, Inc. Conference will take place Oct. 10-13 at the Los Angeles Athletic Club, Los Angeles, Calif. More than 50 speakers, including endocrinologists, surgeons, nuclear medicine specialists, nutritionists, attorneys and survivors. Register by visiting Thyca.org website. www.thyca.org.

Cancer walk
The American Cancer Society will hold its Making Strides Against Breast Cancer walks in both Detroit and Ann Arbor. The 5-mile walk in Detroit is scheduled for Saturday, Oct. 12, at Belle Isle Park with registration at 8:30 a.m. and the walk at 9:30 a.m. The 3.5-mile walk in Ann Arbor is scheduled for Saturday, Oct. 19, at Michigan Stadium with registration at 8 a.m. and the walk at 9 a.m. Call (800) ACS-2345 or visit www.cancer.org.

Healing arts
The Tee House, 22906 Mooney Street, Farmington, presents "Music and Sounds in the Healing Arts" 17 p.m. Saturday, Oct. 12. Learn about high-energy and low-energy music, vibrational sounds and color therapy, and the therapeutic benefits of music. Organic dinner included. Cost: \$55 singles and \$100 couples. Limited seating. Call (248) 473-0624.

Parkinson's Disease
The Parkinson Education and Support Group of Washtenaw County will meet 1:30 p.m. Sunday, Oct. 12, at the Saint Joseph Mercy Hospital Education Center, Bldg. 5305, Huron River Drive, Ann Arbor. Topic: First-aid in the home. Refreshments served. Call (734) 741-9209.

Cancer walk
Join the American Cancer Society to celebrate survivorship and raise funds for breast cancer research at the ACS's annual "Making Strides Against Breast Cancer" walk: The 5-mile walk in Detroit will take place 8:30 a.m. Saturday, Oct. 12, at Belle Isle Park. The 3.5-mile walk in Ann Arbor will be held 8 a.m. Saturday, Oct. 19, at Michigan Stadium. Call (800) ACS-2345 or visit www.cancer.org.

Thyroid support group
Michigan Thyroid Support Group meets 6:30 p.m. Monday, Oct. 14, with speaker Dr. Pamela Smith, at the Plymouth Library, 223 S. Main Street, Plymouth. Smith is the founder of the Center for Healthy Living and Longevity. Web site: www.center4healthyliving.com. Contact Tracy Green at 734-453-7945, e-mail: tracyg@comcast.net, or visit http://michthy.com/oct/thyroid

Autism
Thomas McKean - an adult with autism, former board member of the Autism Society of America, and author of *Soon Will Come the Light* who recently appeared on the Oprah Winfrey Show - will present a view from inside the autism puzzle 7 p.m. Monday, Oct. 14, at Zion Lutheran Church, 143 Albany, Ferndale. Childcare available. Contact Laurey Tedeschi, Everyday Miracles Autism Support Network, (248) 399-6202; e-mail: EverydayMiraclesAutism@yahoo.com. Web site: www.geocities.com/EverydayMiraclesAutism.

Fighting cancer
A panel of University of Michigan scientists and oncologists will present a free program on the body's immune system as a fighter in the battle against cancer 7:30 p.m. Wednesday, Oct. 16, at the Livonia West Holiday Inn. Reservations encouraged. Call (800) 742-2300 and enter category 7870.

Breast cancer/HRT
Beaumont Hospital's Sharing & Caring program will offer "Understanding Studies on HRT and Breast Cancer" 6 p.m. Thursday, Oct. 17, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

Botsford Center for Health Improvement will offer "Stop the Worry Cycle" 7 p.m. Monday, Oct. 21, at 39750 Grand River Ave., Novi. Presenter Caroline Smith received training at Harvard Medical School Mind/Body Institute. Cost is \$45. To register, call (248) 477-6100.

ThyCa
ThyCa SE Michigan will meet 7:30 p.m. Tuesday, Oct. 22, at the Plymouth Public Library. The support group for people with thyroid cancer, their friends and family meets the fourth Tuesday of each month. For more information contact Mary Rose Wacke at SE_MJURL. For directions, call the library at 734-453-0750.

ADD/HD
Learn the facts about Ritalin and alternative choices. The National Wellness Foundation will sponsor a workshop 7:30 p.m. Friday, Oct. 24, at the Carl Sandburg Library, 30000 Seven Mile, Livonia. Call (248) 426-0201.

Meditation
Oakwood Complementary & Alternative Medicine Center in Westland will offer "Mindfulness Meditation and 'Relaxation'" 6:30-8:30 p.m. Wednesday, Oct. 23.

Learn techniques to help you integrate meditation or relaxation techniques into your daily routine. Call (800) 543-WELL for reservations. Cost is \$20.

Fit after 50
Oakland Physical Therapy, P.C. will present "Fit After Fifty" 7 p.m. Thursday, Oct. 24, at the Providence Medical Center, 47601 Grand River Ave., Suite B124, Novi (intersection of Grand River and Beck). No charge. RSVP by calling (248) 380-3590.

Brain food
Biochemist Sandy Baumann can teach you how to enhance your ability to remember, concentrate and learn through the proper foods and simple lifestyle changes. "Eat to Improve Your Memory" is offered 6:30-8:30 p.m. Wednesdays, Oct. 23 and 30, Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Cost is \$34 plus \$5 materials fee. To register, call (313) 317-1500 by Oct. 21.

Healthy recipes
Want to learn some healthy recipes that are fun and easy to prepare? Oakwood Complementary & Alternative Medicine Center in Westland will offer "Fast and Fun Healthy Cooking" 10 a.m. to noon Saturday, Oct. 26. Call (800) 543-WELL. The cost is \$20.

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.

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. Call the WRC at (734) 462-4443.

Fibromyalgia
"Fibro-Friends & More," a support group for sufferers of fibromyalgia and Chronic Fatigue Syndrome, meets 1 p.m. the first Thursday of the month at the Merriman Road Baptist Church, 2055 Merriman Road, Garden City. Call Tina at (734) 495-0226 or Lucy at (734) 953-8756.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9959.

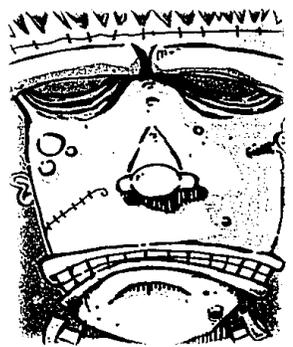
Alcoholics Anonymous
Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Haggerty). Novi. Call (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 31995 Seven 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_MJURL@thyca.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 568-7904.

Come dressed as you dare! It's a family affair... Boo Ball Spooktacular

to benefit
Children's Leukemia Foundation of Michigan
Serving Adults and Children

Saturday, October 26, 2002
6:00 pm - 10:00 pm
Shotwell-Gustafson Pavilion
(located on Oakland University's east campus)
For more information call:
248/353-8222



BOOgle down to live music.
Enjoy a BOOuntiful strolling buffet prepared by Appéteaser, offering cuisine to please the palate of both adults and children.
4 hours of nonstop entertainment...
Starstruck Studios (make your own music video), Velcro Wall, Bungee Bull, Ferris Wheel, Gladiator Joust, Face Painting, Arts and Crafts and much more.

Presented by:
955 Detroit
CHRYSLER FINANCIAL
Observer & Eccentric
It's all about you!

We work for her.



"The Observer & Eccentric has been a major contribution to our quick success," said Renee Sanger of Curves for Women North.

In business for just a few months since opening, the club has 500 members. She and Gina Bromley like our coverage, fair advertising rates and attentive sales staff and they like to hear the phone ring. "If we forget the ad has come out, the increased phone calls remind us," she said.

We can make your phone ring, too!

THE Observer & Eccentric
NEWSPAPERS
We work for YOU!

Wayne County: 734-953-2153 • FAX 734-953-2121
Oakland County: 248-901-2500 • FAX 248-901-2553
Rocheater, Lake Orion, Oxford: 248-651-7575 • FAX 248-651-9080
Clarkston: 248-625-1900 • FAX 248-625-5712