



Dinah Vince, national director of Medical Operations for Life Line, performs a stroke (carotid artery) screening.

New weight fitness center opens in Livonia

A Texas-based women's-only nutritional weight-loss and fitness franchise with over 100 centers in the western United States is coming to Livonia on Monday, Dec. 9, with the grand opening of Slender Lady, 32626 Seven Mile, in the Loveland Plaza.

Owner Laurianne Pressotto of Livonia is opening the first Slender Lady in Michigan.

"The goal of our company is to make a difference in our members' lives by giving them a vehicle to fight obesity, high blood pressure, diabetes, fibromyalgia, depression and hormonal imbalances—all things that can be controlled by proper nutrition and exercise," she said.

Members of Slender Lady get a complete package called the "Balancing Act," which consists of one-on-one nutritional counseling and a 30-minute circuit workout designed specifically for women. The workout involves the use of eight hydraulic resistance machines designed to develop longer, leaner muscles, and women can "burn up to 650 calories a workout," said Pressotto.

According to Pressotto, the

nutrition part of the program was authored by Dr. Georgia Kostas, director of the Cooper Clinic in Dallas, Texas, and President George Bush's private physician.

"Our program is designed to fit all women in all shapes and sizes," said Pressotto. "Our ladies lose an average of two pounds or more of body fat a week and better than 92 percent of our members stay with us after their first year."

Pressotto considers herself fortunate to open a business in a community where she grew up, went to school, and is raising her own children.

"I have always been a people person, and my role has always been of a care-giving nature. I feel so blessed that I have found something that allows me to benefit others and to fulfill my own needs.... I am so proud to open my very first business in this great city, and I hope this will only be the beginning of a long and successful career with Slender Lady."

Doors open at 8 a.m. Monday, Dec. 9. For more information, call (248) 888-9960.

Red Cross offers winter safety tips

As winter weather and frigid temperatures sweep through the tri-county area, the Southeastern Michigan Chapter of the American Red Cross emphasizes the importance of being prepared for winter conditions. The Red Cross offers the following tips to help families prepare for dangerous winter conditions:

Prepare a Winter Storm Plan

- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.
- Assemble a Disaster Supplies Kit.
- First-aid kit and essential medications.
- Battery-powered NOAA Weather Radio (a portable

device that enables the public to receive continuous weather broadcasts and hazard alerts directly from local weather forecast offices), flashlight and extra batteries.

■ Canned food and can opener.

■ Bottled water (at least one gallon of water per person per day to last at least 3 days).

■ Stay tuned for storm warnings.

■ Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information.

Preventing Injury

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living

conditions, and a person's age and state of health.

Follow these tips to stay safe in cold weather:

■ Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.

■ Traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.

■ Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.

■ Have your car winterized before winter storm season.

■ NEVER allow anyone who has been drinking alcohol to drive, regardless of the weather.

Cold- and heat-related emergencies can occur quickly. To learn more about signals of how to care for cold or heat-related problems, take a Community First Aid and Safety course from your local Red Cross chapter. For information on course offerings, log onto the Red Cross Web site at

www.westernredcross.org.

If you would like to make a contribution to the Red Cross, call (313) 833-2664 or log on the Web site.

Treatment offers fast relief for spinal tumor patients

Patients with spine tumors experienced faster pain relief after just one treatment using beam-shaping technology that delivers high doses of radiation with precision accuracy, according to a Henry Ford Hospital study to be published in the December issue of *Medical Physics*.

The study involved 65 patients treated for spine tumors with beam-shaping technology that enables doctors to administer radiation at different angles with better precision and control the amount delivered to the site without harming surrounding tissue.

Last year, Henry Ford was the first hospital in the United States to treat metastatic spine tumors using this technology called Novalis Shaped Beam Surgery. Henry Ford also used the technology to treat primary and metastatic brain tumors, lung cancer and cancers of the head and neck.

"Patients with spinal tumors are often in severe pain because of the compression on the spinal cord," said Fang-Fang Yin, Ph.D., division of Medical Physics in Radiation Oncology and the study's lead author. "In this study, we found that patients experienced faster pain

relief and fewer radiation treatments."

Yin says patients treated with the beam-shaping technology experienced pain relief after one radiation treatment. With conventional radiation therapy, patients receive 10 radiation treatments over a two-week period and experience pain relief in about four weeks.

"Imaging technology helps us define the target area," Yin says. "We accomplish the same goal controlling the tumor—without the patient receiving excessive radiation to the spinal area."

Patients treated with beam-

shaping technology undergo CT and MRI scans so doctors can identify the shape, size and location of the tumor and develop the appropriate treatment plan.

Existing radiosurgery technology uses a series of circular radiation beams directed at the tumor. Because most tumors are irregular or asymmetrical in shape, overlaps in traditional circular radiation beams could harm surrounding healthy tissue.

The beam-shaping technology allows multiple beams of radiation to be delivered to the tumor without harming surrounding organs and tissue.

Participants needed for study of child urinary dysfunction

A major pharmaceutical company is screening children from 1 month through 15 years of age to participate in one of several clinical research studies. An investigational medication will be studied for the treatment of neurogenic lower urinary dysfunction in children.

These clinical research studies will collect data as a basis for a pediatric dosage recommendation, and evaluate its safety and effectiveness in children.

The studies will be conducted at multiple centers throughout the United States, including Children's Hospital in Detroit, and will involve up to six visits over a period of up to 13 weeks.

The investigational medication is classified as an antimuscarinic drug, a class of drugs that is commonly prescribed for overactive bladder because they reduce the frequency and intensity of contractions of the bladder muscle. The investigational medication is currently approved for use in adults.

The main control center for bladder function is the brain. Nerve signals are routed to the

bladder, assisted by communication of nerves in the spinal cord. Nerve receptors in the bladder enable urination to take place by causing a muscle in the bladder wall (detrusor muscle) to contract and the sphincter muscle to relax.

Neurological diseases in children, such as spina bifida, sacral atresia, cerebral palsy and spinal cord injury, typically result in loss of control over the detrusor muscle. The normal control of the bladder is interrupted causing involuntary contraction of the detrusor muscle (detrusor instability or detrusor hyperreflexia).

The unstable bladder contraction results in urinary leak-

age. Catheterization may be needed to completely empty the bladder regularly before unstable contractions cause leakage.

Children from 1 month through 15 years of age, with neurogenic urinary tract dysfunction due to known neurological disease, who require intermittent catheterization, are being sought to participate in these clinical research studies. Children who qualify to participate will receive study medication, lab screenings that include urodynamic studies, and study-related health exams. Compensation will be provided for time and travel. Parents or legal guardians should call 1-888-STUDY-96.

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