

MEDICAL DATEBOOK

ONE-ON-ONE

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.

Grief support

Angela Hoffer offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 14300 Newburgh Road, Livonia. Call (734) 464-7810.

Bipolar

The MDDA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1077.

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.

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 the Bereavement Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.

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.

Alcoholics Anonymous

Everyone is welcome to Providence Hospital-sponsored AA meetings held on every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Cawcerty). Novi. Call (248) 348-9362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188; and 6:30 a.m. every Wednesday at Providence Hospital, 66001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

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-MIthyca.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

Headaches

Suffer from constant headaches? Join the Headache Foundation Support Group, which meets 7 p.m. the first Wednesday of the month at Providence Northwestern Medical Center, 30055 Northwestern, Farmington Hills. Call (248) 258-1973. Family members invited.

Gambling

The Gamblers Anonymous Support Group meets 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2944 or (800) 494-0277. Group is open to anyone with a gambling dependency.

Cancer

Join "Focus on Living," a cancer support group offered 7-8:30 p.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734)

655-8940 or (800) 494-1650

Tremor Disorder Support

Shari Finsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7-8:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finsilver at (248) 683-4738 or Finsilver@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (888) 387-3667.

Parents Supporting Parents

Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Monday of the month at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Call (248) 849-5342.

Stroke

The St. John Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Novi, 47601 Grand River Ave., Novi. Call (248) 465-4190.

Menopause

St. Mary Mercy Hospital's Menopause Support Group meets 7-9 p.m. the first Wednesday of the month. Call the hospital's Marian Women's Center at (734) 655-1100. Next meeting is Feb. 5.

JANUARY

Emotional healing

Unity Church of Livonia will present an energy psychology workshop on Emotional Freedom Technique 12:30 p.m. Sunday, Jan. 19. Learn how to create rapid relief from anxiety, anger, stress, trauma and phobias by tapping on stress-release points of the body. Unity is located at 28660 Five Mile Road between Inxter and Middlebelt. Call (734) 421-1150.

Prostate

Dr. J. Edson Pontes will discuss surgical techniques for prostate cancer—current status, new developments and follow-up concerns—6:55 p.m. Tuesday, Jan. 21 at the Weisberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills. Free super/lecture. RSVP 248-538-6514.

Breastfeeding

Certified lactation consultants at St. Mary Mercy Hospital, Livonia, explain the benefits of breast milk, getting a good start in the hospital and how to continue breastfeeding at home. Offered 7-9 p.m. Thursday, Jan. 23, in Classroom 2. Call (734) 655-1100 or (800) 494-1615.

Overeaters

Overeaters Anonymous Support

Group meets 7 p.m. every Friday at Providence Park-Novi, 47601 Grand River Ave., Novi. Next meeting: Friday, Jan. 24. Call (313) 438-HELP or (248) 474-9456.

Chronic Illness

Chronic Illness Coalition presents "Taking Charge of Fibromyalgia 10 a.m. to 4:30 p.m. Saturday, Jan. 25, at the Burroughs Manor in Livonia. Lunch at 11:30 a.m. Eight speakers, including Dr. Carol Beis, board-certified rheumatologist. Cost is \$27 for health care professionals (4.8 Nursing Contact Hours have been approved by co-provider Madona University) and \$10 for general public. Call Gary Birnberg at (800) 675-0013.

Lymphoma

The Weisberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills, will present "Understanding Non-Hodgkin's Lymphoma" 6 p.m. Wednesday, Jan. 29. Free super/lecture. Call (248) 538-6501.

Yoga

St. Mary Mercy Hospital, 26475 Five Mile Road, Livonia, will present a yoga lecture by Sadhguru Jaggi Vasudev, a master yogi and mystic, 6:30-8:30 p.m. Thursday, Jan. 30, in the Auditorium. Lecture offers 2.0 CE credits for Category 1 CME credit for physicians. Call (734) 655-2923.

FEBRUARY

Women's health

St. Mary Mercy Hospital of Livonia offers "Ladies Night Out" 6-9 p.m. Wednesday, Feb. 5, with bone density screenings, massage and vendors. Guest speaker Dr. Michael Salhaney will present a lecture, "Don't Be a Victim at 7 p.m. Learn to spot the signs of a dangerous situation and keep yourself safe. Registration required. Call (734) 655-1182 or toll-free (888) 494-1615.

Infant Care

St. Mary Mercy Hospital of Livonia offers an Infant Care Class 6:30-9:30 p.m. Thursday, Feb. 13, in Classroom 1. Learn about feeding, bathing, sleeping, infant safety, immunizations, signs of illness and caring for the sick infant. Call (734) 655-1100 or (800) 494-1615.

Stop smoking: Providence Hospital and Medical Centers will hold the Wellness Seminar for smoking cessation at the following times and locations: 10 a.m. to noon Saturday, Feb. 15, at Providence Hospital, Medical Building, 22250 Providence Drive, Southfield; and 6:30-8:30 p.m. Wednesday, Feb. 19, at the Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh).

Lecture call (877) 345-5500.

WAYNE STATE UNIVERSITY

Have you been diagnosed with lung cancer? You may be eligible to participate in two lung cancer studies.

Who can participate?

- Anyone aged 18-49 diagnosed with lung cancer after 9/01/1999, or
- Women aged 18-74 diagnosed with Adenocarcinoma of the lung after 11/01/2001.

What does the study involve?

- A one-hour interview
- A blood sample
- A sample of cheek cells
- A sample of tumor tissue, if you had surgery

Participants will be paid.

If interested, please contact:

Geoff Frynak, MPH
(313) 833-0715 x2557 or toll free: (866) 828-2339

VISION

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usually something that is regained. The patient must learn compensating skills."

According to the Neuro-Ophthalmic Rehabilitation Association, visual field loss occurs in many forms, from near the complete loss of peripheral vision to small areas of partial loss. Patients who suffer strokes or other traumatic brain injuries to one side of the brain, including tumors, may develop a loss of visual field to the opposite side.

"Patients often mistake this as being a bad right eye or left eye, but it actually occurs in the brain and thus presents as a loss in both eyes. Patients often run into objects, lose their place in reading and are startled by people or objects moving at them suddenly from the lost field," according to NORA. Scheele has recently been tested by her ophthalmologist for visual field loss and is awaiting the findings. Based on the test results, it's possible Hahn will recommend more occupational therapy.

All that depends on Medicare approval, said Catherine. Benefits for low vision therapy were cut from six months to two months.

"After just two months, she started to get her confidence," said Catherine. "It's really a shame. We should be able to get the care these people need. It's important to continue their therapy. You pay all this money—half of my pay it—and I just see how far she's come. I just hope



ELIZABETH DE BELISO/BEAUMONT HOSPITAL

Occupational therapist Manjula Amarnath (right), of Beaumont Hospital, works with patient Frank Canro of Beverly Hills on an exercise to improve peripheral vision.

she'll be able to pick up and continue."

Meanwhile, Scheele continues with her exercises at home. And if she occasionally spread peanut butter on the counter while making herself a sandwich, so be it.

"I never thought I'd see again," she said. "I thought I

always would be in the dark."

Dr. Susan Hahn can be contacted at (248) 511-7588. For more information on services at the Beaumont Eye Institute, call (248) 553-2020, from 8 a.m. to 5 p.m. weekdays, or visit www.beaumont-hospitals.com. The address for the institute is 3535 W. 13 Mile, Suite 555, Royal Oak.

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