

## Rx Briefs

### Creative Imagery

Bolsford Center for Health Improvement, in Novi will offer "Creative Imagery," a class that teaches focused daydreaming, 7 p.m. Monday, Feb. 17, at the center, 39750 Grand River Ave., between Haggerty and Meadowbrook.

Creative imagery is a mind-body technique that individuals can use to promote relaxation, relieve symptoms (or better cope with them) and enhance healing. All the senses are involved. Research has supported using imagery to enhance skill performance, relieve stress, bolster the immune system, lessen pain perception, and alleviate nausea associated with chemotherapy. Imagery may also be used to help clarify attitudes, emotions, behaviors and lifestyle patterns that may be central to an illness.

Instructor Caroline H. Smith has her master's degree focused on psychology and anthropology. She has 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. Class cost is \$45. To register, call (248) 477-6100 9 a.m. to 4:30 p.m.

### Heart on a platter

This year, the staff at St. Joseph Mercy Women's Health Services has an alternative to the usual Valentine Day's gifts of candy, flowers and jewelry. Bachelors will offer a special hands-on cooking class for those who want to prepare an elegant dinner for their special Valentine. The class will be held noon to 5:30 p.m.

Wednesday, Feb. 12, at the Ellen Thompson Women's Health Center on the campus of St. Joseph Mercy Hospital, 5301 E. Huron River Drive, Ann Arbor. Participants will learn how to prepare Crostini with Wild Mushroom Duxelle, classic French Onion Soup, Chicken Chasseur, Cheese Potato Gratin and a Mixed Fruit Galette. Attend solo or bring your Valentine. Cost is \$20. Each participant will receive a special gift of hand-dipped, chocolate-covered fresh and dried fruits. Registration required. Call (734) 712-5800.

### Join the 2003 Fitness Forever Club

We want you to join us in reaching your own success in getting healthy and fit. Let us know how you are doing or, if you need help, e-mail Sandra Dalka-Przyby, an American Council on Exercise-certified Lifestyle and Weight Management Consultant, with your questions and concerns at sdprzby@hotmail.com. Also, we want to report on your weight-loss and exercise success. Send your story and picture to Renee Skoglund, Health and Fitness, The Observer & Eccentric, 36251 Schoolcraft, Livonia, MI 48150. Contact her at (734) 953-2128; fax (734) 591-7279; e-mail rskoglund@oe.homecomm.net.



# tremor suffer

BY KATHLEEN O'DONOHUE  
CORRESPONDENT

When Frank Gudun was in fourth grade, he first noticed his hands trembling uncontrollably. Teachers complained of his poor penmanship, and when his parents sought medical help, the doctor had no answers. Finally, when the 64-year-old West Bloomfield resident was 30, he received the diagnosis of essential tremor.

While it is the most common neurological disorder, affecting 10 million Americans, most people — including some physicians — know nothing about it. It is called "essential" because it is not related to any other disease process or disorder. It is a hereditary condition that involves the upper extremities, most typically beginning with the hands. It may remain stable or progress, usually affecting in descending order the arms, head, neck and voice.

Dr. Fred Jann, Henry Ford Hospital neurosurgeon and director of movement disorder surgery, has seen many cases of essential tremor (ET).

"The patient usually has great difficulty doing anything that involves finger movement," he said. "Though many other diseases, some medications, and drug and alcohol withdrawal can cause tremors, ET is distinguishable because it is an action or intention tremor."

"When you want to do something, as you approach your final target, the tremor becomes more evident. And at rest you're relaxed, you have no tremor," said Jann, who explained that, in Parkinson's disease, for example, a person will tremor at rest.

While treatments are available for ET, it is chronic and not curable. Medications are used to control the tremors, and surgery is also an option. Some commonly used medications are Inderal, Mysoline, or Klonipen.

Jann believes surgery is a reasonable decision when a person's job is compromised, or when tremors seriously interfere with feeding, writing, buttoning one's clothes and so on. Yet, the decision is up to the patient.

"They don't die from tremor," Jann said, "but with surgery, they could die from hemorrhage."

Other risks from surgery include dam-



Shari Finsilver of West Bloomfield uses scissors with no problem since brain surgery reduced the symptoms of essential tremor, a debilitating movement disorder.

**'I am now able to eat or drink in public, write a letter by hand, use scissors. My social life was greatly curtailed (before surgery). I couldn't do all the things people take for granted. When you have ET, you think you're weird. Almost every person diagnosed with ET thinks they're the only one.'**

Shari Finsilver  
founder, Essential Tremor support group



Shari Finsilver of West Bloomfield has been all smiles since having brain surgery for essential tremor, a debilitating movement disorder. Finsilver's symptoms have been greatly reduced.

age to the structures around the surgical area in the brain's thalamus, which could lead to memory problems, numbness, stroke-like symptoms or weakness.

There are two surgical procedures for ET. One is a thalamotomy, during which a lesion is made in the thalamus, the large structure at the base of the brain that is responsible for transmission of sensory impulses to the cerebral cortex and is involved in control of movement. Jann

calls thalamotomy "a one-shot deal."

The other procedure is called Deep Brain Stimulation, or DBS. During DBS, electrodes are implanted into the thalamus and a device is installed under the skin. Electrical leads are hooked up to a pulse generator, and the thalamus is continuously stimulated. Similar to a cardiac

pacemaker, the device requires new batteries every three to five years.

### NEW LIFE

After suffering from tremors since she was 11 years old, Shari Finsilver, now 52, had DBS surgery in 1999 by Jann and said it changed her life.

"I am now able to eat or drink in public, write a letter by hand, use scissors. My social life was greatly curtailed (before surgery). I couldn't do all the things people take for granted," Finsilver said. "When you have ET, you think you're weird. Almost every person diagnosed with ET thinks they're the only one."

While the tremor can be mild, it can get to a point of severity that completely disables the sufferer. Many become housebound and are afraid to go out.

Finsilver tried many therapies to help with her tremor before considering surgery, including acupuncture, homeopathy, chiropractic, hypnotherapy, exercise, diet, and regression therapy. While she has incorporated some of these into her lifestyle, none helped with the tremors to any significant degree.

Prior to surgery, Finsilver became an expert at hiding her tremors and feared two likely future events: walking her daughter down the aisle when she mar-

PLEASE SEE TREMOR, C5

## Goodbye to cigarettes ... a heartfelt effort for Valentine's Day

BY SANDRA DALKA-PRZYBY  
CORRESPONDENT

On Valentine's Day, I'm going to give those I love the best gift ever. At the same time, I'm going to do something wonderful for myself and my heart.

I'm giving up smoking cigarettes and my 27-year-old husband, Pryby, is joining me in this challenge. We've both decided that we can't have "fitness forever" with lungs filled with smoke. So Feb. 14 is D (Desist)-Day.

I've given up smoking many times during my 34 years as a smoker. (This is my son's first serious attempt.) One time, however, proved to be the most successful effort. I was smoke-free for almost three years. What was so amazing about this was that at the time I didn't want to end this bad habit. A friend dragged me to a group hypnosis session at The Community House in Birmingham because she needed support. I walked out of this meeting and discarded my cigarettes. She did, too.

Stupidly, I started smoking again to relieve stress and to have a tool to help with weight loss. Smoking didn't work for either. I continued to be stressed and to gain weight.

Now, it's back to the same hypnotist, Jim Hoke of Mind Design Inc. in Troy. He worked for me years ago.

would, I was certain, work for me again and for my son.

"I don't do the work," says the energetic and enthusiastic Hoke, a hypnotist for more than 30 years. "I'm just the coach who is given access to the mind. I help you choose the attitudes, habits and behavior that are best for your life now."

### THE MIND IS A COMPUTER

He compares the mind to a computer. His role is to "update the main frame and reprogram the subconscious mind to change a person's emotional attitude about smoking or eating for those desiring to lose weight."

His other self-improvement services include stress/anxiety control, success motivation and phobia elimination.

Hoke, who has hypnotized hundreds of groups of smokers for the American Lung Association in national TV, with a success rate of 70 percent, according to the A.L.A., says "the rational part of your mind shouts 'quit' while the emotional part screams out for the physical and psychological lift of a cigarette. To convert yourself to a nonsmoker, you must get the emotional part of your mind to agree with your intellectual desire to quit. This is how hypnosis helps."

He explains that becoming a nonsmoker is not an easy task because smokers equate this habit to oral, physical and manual gratification. "It's fun. It symbolizes relaxation and reduced tension."

During his hypnotic sessions, he repro-

### SMOKE-CESSATION PROGRAMS

■ "Freedom from Smoking" is an eight-week program with a facilitator to handle such related issues as stress management and weight control. This American Lung Association (Southfield) program is held when eight or more individuals register. Cost is \$100. Call (248) 784-2012 for information.

■ "Nix Nicotine!" offers new techniques to quit smoking and support from others who desire to become nonsmokers. Offered by DMC Huron Valley-Sinai Hospital (Commerce). For information, call (888) 362-2500.

■ "Smoke Stoppers" is a one-on-one counseling program offered by St. Joseph Mercy Health Stop (Ann Arbor). Introductory session is free; program costs \$165. For information or to arrange a start date, call (734) 827-3768.

■ "Smoking Cessation" combines the power of hypnotic conditioning with behavior modification techniques. The first 45 minutes is free orientation; remaining session, \$59. Two sessions are scheduled for February: Providence Hospital (Southfield), 10 a.m. Saturday, Feb. 15; Providence Mission Health Medical Center (Livonia), 6:30 p.m. Wednesday, Feb. 19. Call (877) 345-5500 to register.

■ "Smoking Intervention Program" (SIP) is a telephone-based program that uses a stepped-care approach to smoke cessation from assessment to placement in the appropriate intervention. A service of Henry Ford Health System, SIP is covered by HAP insurance or at a cost of \$150. For information, call (888) 427-5787.

■ "Stop Smoking" is a three-session program which covers such topics as physical and psychological dependence, medications used in smoke cessation and managing the side effects of quitting. Offered by William Beaumont Hospital (Royal Oak), the next session is from 6:30-8:30 p.m., beginning Monday, March 3. Cost is \$25. For information or to register, call (800) 633-7377.

■ "Smoker's Helpline of Michigan," a service offered by the Michigan Department of Community Health, has a "Smoker's Quit Kit" available free by calling (800) 537-5666.

PLEASE SEE SMOKING, C5