

FOREVER FIT!

Rx Briefs

Diabetes

The Diabetes Management Program at Botsford Center for Health Improvement presents "10,000 Steps to Good Health" for people with diabetes and their loved ones 9:30-11:30 a.m. Saturday, April 5. This is part of the "Saturday Sizzler - Diabetes Support Group" program. Learn how to control your diabetes and optimize your health. Learn weight-loss strategies from a registered dietitian and fitness tips from a personal trainer. The fee is \$10, which includes lunch. To register, call (248) 477-6000. The center is at 39750 Grand River Ave. between Haggerty and Meadowbrook, Novi.

Parkinson disease

The Michigan Parkinson Foundation will sponsor the George and Betty Andrews Memorial Walk-a-Thon and 5K Run on Saturday, May 10, at Maybury State Park, Northville. Registration begins at 9 a.m.; event begins at 10 a.m. Runners: \$13 advance registration, \$15 day of event. Walkers: \$9 advance registration, \$10 day of event. Children 12 and younger: \$5. Event includes refreshments, T-shirts, mini-massages, prizes. Music provided by The Cats and The Fiddler, a trio of 8 year olds. Proceeds will support programs offered by MPP throughout the state. Call the MPP at (248) 433-1011 or (800) 852-9781.

Olga's

The Southeastern Michigan Blood Region of the American Red Cross and Olga's Kitchen have teamed up for Red Cross Month. For the rest of the month, donors at all southeast Michigan Red Cross blood drives will receive a certificate for a free Olga Sandwich, redeemable through June 30 at any metro Detroit Olga's Kitchen. Call 1-800-GIVELIFE to make an appointment to donate blood this month at any blood drive location in southeast Michigan. To donate blood, you must be in general good health, at least 17 years old and weigh at least 110 pounds.

Prevent falls

Beaumont Hospital's Fall Prevention Program, now offered at the Beaumont Health Center, 4949 Coolidge (north of 14 Mile), teaches that falls are not a normal consequence of aging. It helps people identify environmental and health factors involved in falls, then creates a personalized treatment plan to reduce and eliminate as many of these factors as possible.

The program takes a multidisciplinary approach by incorporating the expertise of both physical and occupational therapists. Some of the goals of the program include dealing with: low vision, imbalance, difficulty walking and overall safety around the home and community.

"This program benefits people who have already experienced a fall or have symptoms of staggering, dizziness or imbalance that causes them to feel unsafe," said Jim Magill, Beaumont physical therapist. "Our only prerequisite is that potential patients visit the physician first to rule out illness or medication problems."

A physician prescription is required to schedule a preliminary evaluation and for treatment.

For more information about the program, call the Beaumont Health Center at (248) 655-5600.

Find a work out program that's right for you and stick with it

BY SANDRA DALKA-PRYSBY
CORRESPONDENT

In the quest to be forever fit, I - and hopefully you - have found a healthy program to follow to lose weight. I am achieving success at losing weight with Weight Watchers and have lost almost 16 pounds since the beginning of the year. How are you doing?

Following a healthy, balanced diet isn't the only reason why I am losing weight. Exercise is moving me down the road to my goal. And no wonder. The combination of aerobic and resistance exercises and a lower-calorie food plan results in increased energy expenditure, increased fat burning, and decreased fat storage. This means you lose weight faster and better.

I exercise at least five days a week at a health club but, according to Christian Skoglund of Canton, you don't need a fitness club or expensive equipment to get fit. All you need, according to this motivated young man, is determination.

The 25-year-old full-time lifeguard has been involved in exercise for more than 10 years and has used tree limbs - strong ones - and playground equipment for chin-up and pull-up exercises over the years.

"When I really became serious about regular workouts, I put up a steel bar in one corner of the garage so I had a place to do my exercises," he said. "This was an inexpensive way to have what I needed. Money doesn't equal better fitness. There should be no excuse for not exercising."

Although he now has the use of fitness equipment - he works at the Livonia YMCA - he continues to do most of his exercises using only his body as resistance.

"Up until three months ago I was heavily involved in weight training and building lots of muscles. Now I'm into assuring fitness by working out three times a week doing basically a military workout, which is similar to basic training in the armed services. In addition to pull-ups and chin-ups, I do push-ups and crunches and I run." Sometimes Skoglund uses the Y's treadmills for his run, but he prefers to run out doors.

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-Prysbys, an American Council on Exercise certified Lifestyle and Weight Management Consultant, with your questions and concerns at sdprysby@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, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150. Contact her at (734) 953-2128; fax (734) 591-7279; e-mail rskoglund@oe.hometown.com.net

"When I was weight-training, I was interested more in how I looked. Now I exercise to keep in shape and to stay healthy." He spends no more than an hour on his workouts. "If you spend more than one hour, you're spending too much time."

Skoglund adds that while there are numerous exercise and fitness classes available at the Y, he likes to exercise alone. "Everyone has to find the best way and the exercises that get good results for them. You have to find what you like or you won't stay with exercise and be successful."

(For locations and information on the programs available at the YMCA, visit its Web site: www.ymca.net.)

CAMARADERIE

While Skoglund prefers to work out alone, many participants like the support and company of others while they exercise. That's why the health club where I exercise, Beverly Hills Club, offers more than 70 group classes each week.

According to Diane Feurach, the club's

group exercise director, exercise has changed over the years. (She's been a trainer at the club for 20 years.)

"It used to be go hard, go fast. Now we know that successful exercise consists of slower, controlled movements in a full range of motion. No matter what the exercise, however, the desire to work out with others continues to be important to most participants."

"We have found that classes are popular because, according to our members, they provide motivation."

PLEASE SEE FITNESS, C7



PAUL HERSCHMANN/STREET PHOTOGRAPHER

Christian Skoglund does chin-ups on the limb of a maple tree next to his house. Skoglund says a good exercise routine can take place in the home as well as the gym.

Oakwood doctor pioneers use of new heart valve

Oakwood physician Dr. Bruce Washington is the first surgeon in Michigan to perform surgery using a new device that replaces a faulty or damaged heart valve.

With superior performance and dramatically fewer complications, the device, the Omnicarbon, is made of a new material that is highly compatible with the human body. That material has been found to be more "body friendly" than previous valves composed of titanium.

Tests have proven that design of the valve is most effective for long-term functioning. The success rate of the valve is remarkable; in 10 years of testing in Europe, there were no reported cases of mechanical failure. The combination of new material and design has created a

valve with significantly lower complication rates.

"The advantages of this valve may include lower stroke rates and fewer cases of hemorrhage," Washington said. "The valve has up to 70 percent fewer complications than any other mechanical heart valve. Using this new valve is an extremely cost-effective way to treat valve replacement. The new valve may also allow the patient to take less blood-thinning medication, which can result in lower risk of hemorrhage or stroke."

Mike Adawai of Westland was the first patient in Michigan to receive the valve. After experiencing serious shortness of breath and visiting his doctor, Adawai discovered he was suffering from a life-threatening leak in his mitral valve.

The valve had been damaged by untreated rheumatic fever he had contracted as a child. "My parents never treated me for strep, which was the cause for rheumatic fever," said Adawai. "My message to parents is to be certain that if your child has a sore throat and fever, they are seen by their doctor."

Once it was determined surgery was urgently needed, Adawai met with Washington, who informed him the new valve was available and the best device for treating valve disorders.

The day after surgery, Adawai said he could feel relief. "Whatever was wrong was fixed, totally fixed," he said. With the addition of this high-tech, new valve, Adawai has a new lease on life for years to come.

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Bruce Washington
Oakwood physician