

OPTOMAP

FROM PAGE C7

"This exam lets us document the peripheral region of the eye and not just the center," said Jacobel. "It has made our patients more involved and aware of their vision and will help them make better decisions about their health."

"The technology combines the latest in scanning laser ophthalmoscope (SLO) technology, using low-powered red-green laser beams to capture an image of virtually the entire retina on an "Optomap," a permanent digital record that gives clinicians a view of the retina that is unprecedented with prior technologies.

Jacobel said if practitioners took photographs of the eye for documentation they were of "Polaroid" quality. Images are taken in .25 seconds and are stored on CD in both color and black and white.

Vision issues are the cause and effect for other health-related conditions (diabetic retinopathy, retinal detachments, macular degeneration), and an optometrist or ophthalmologist can e-mail the images directly to your primary care physician or a specialist (endocrinologist).

"The images are cut and dry. They go a long way in giving

people peace of mind about the condition of their eyes and are making people with health issues like hypertension and diabetes more serious about taking medications and about being proactive with their exams," said Jacobel.

"There's no doubt this advancement in retinal imagery is knocking down a barrier we had with people who don't like to have their eyes dilated and for us the accuracy with which we can view the eye is amazing. It has the potential to become part of the standard care and testing we offer here and in other offices."

Once the split-second images are captured by Jacobel, his partner, Dr. Michael Peterson, or a Suburban Eye Care staff member, they are archived and stored on CD-ROM. The cost of the test is \$31 (for both eyes) and is currently not covered by insurance except Medicare.

"We are able to keep the fee nominal and are hoping more and more people see the benefits of this revolution in eye care technology," added Jacobel.

For more information about Optomap, visit www.optos.com or call Suburban Eye Care of Livonia, (734) 525-8170.

APRIL

Grief support
Angela Hospice, 14100 Newburgh Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meeting is 6:30 p.m. and 6:30 p.m. April 22. Call Joan Lee at (734) 464-7810.

Thyroid
Michigan Thyroid Support Group will meet 6:30 p.m. Monday, April 14, at the Plymouth Library in downtown Plymouth. Dr. Hubbaum from the Center for Holistic Medicine will discuss treatment of thyroid disease. Call Tracy Green at (734) 453-7945 or email mthyroid@yahoo.com. Visit Web site at <http://community.mlive.com/cc/thyroid/>.

Toxins
Arbonne International will sponsor a "Women's Toxin Awareness Seminar" 7 p.m. Tuesday, April 15, at the Canton Summit in the Arts II Room. Learn how toxins in the environment can cause allergies, hormonal imbalance and sickness. Call Colleen Weaver at (734) 397-7769.

Prostate cancer
Join Dr. Jeffrey Forman for a free symposium on "Managing Prostate Cancer Treatment Side Effects" 6:15 p.m. Tuesday, April 15, at the Weisberg Cancer Center, 31995 Northwestern Highway, Farmington Hills. RSVP (248) 538-6514.

Nursing home care
The Wayne County Chapter of the Michigan Campaign for Quality Care will hold a general membership meeting 7 p.m. Thursday, April 17, at the Taylor Library, 21301 Pardee Road (between Goddard and Horthline, east side of Pardee), Taylor. Speaker Lois Wilczok, information specialist for Citizens for Better Care, will discuss assisted living facilities.

Health fair
Attend Northridge Church's first ever health fair! 10 a.m. to 2 p.m. Saturday, April 26, "Spring into Good Health" is for the whole family. We'll have booths set up throughout our Activity Center and Chapel for things like physical fitness, fire safety, child safety, heart disease and diabetes information.

We'll have hearing evaluations and cholesterol testing and smoking cessation information. There will also be a massage table. Call (734) 414-7777, Ext. 225.

Vision loss
Henry Ford Health System ophthalmologist Dr. Lyles Mook will lead a discussion on vision loss from macular degeneration through a free public symposium, "Macular Degeneration: Living Fully with Vision Loss," 9:30 a.m. to 2 p.m. Saturday, April 26, at the Holiday Inn Livonia. Experts will present information on recent advances in macular degeneration prevention, treatment and research. Continental breakfast. RSVP by April 16. Call (800) 363-7575.

Yoga
Botsford Center for Health Improvement, 37550 Grand River, Novi, will offer a six-week session of "Gentle Yoga for Beginners" 10-11 a.m. Monday beginning April 28. The fee is \$55. The class emphasizes stretches for strength, flexibility, relaxation and energy enhancement. Learn techniques to help alleviate insomnia, anxiety and stress. Includes breathing and meditation exercises. To register, call (248) 477-6100.

MAY

Cancer loss
The U-M Comprehensive Cancer Centers' Grief and Loss Program will offer "Coping Through Transitions," a support group for adults who have lost a loved one to cancer, 6:30-8 p.m. Wednesdays, May 14 to June 11. The group is held at the Nichols Arboretum's James D. Reader, Jr. Urban Environmental Education Center in Ann Arbor. Free. Register by May 1. Call (734) 615-4012.

Lung disease
St. Mary Mercy Hospital, Livonia, will offer a Senior Health Connection Program titled "Living with Lung Disease" 1-3 p.m. Wednesday, May 21. Dr. Gregory Stone, pulmonologist, will present an overview of the most common chronic lung diseases. Call (734) 655-8940 or (800) 494-1650 (out-of-area callers only).

Dyslexia

The Michigan Dyslexia Institute-Detroit Metro Center, 20230 Orchard Lake Road, Suite No. 130, Farmington Hills, will have an Advocacy Training Workshop 7-9 p.m. Wednesday, May 21. Parents, advocates, professionals, and students can learn to participate in their own IEP as related students with dyslexia. Call (248) 737-0044.

Blood drive
VFW Post 9805, 6440 N. Hill Road, Westland, will sponsor a Red Cross blood drive 2-8 p.m. Thursday, May 29. Walk-ins welcome. For an appointment, call Larry Tebor, post surgeon, at (734) 377-8329, or (734) 267-2807 and leave name, telephone number and time desired.

ONGOING

Self-help groups
Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearing House at the Michigan Protection Advocacy Service Web site, www.mpas.org. If you have a disability rights issue, contact the MPAS at (800) 288-5923.

Bipolar
The MDDA-Bipolar Support Group meets 5-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

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 Dorvin Nursing 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: Noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Hogarty), Novi. Call (248) 348-7362, noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188, and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

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 7:30-8:30 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
Sharri Finisler 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, 5125 Wainut Lake Road in West Bloomfield. Contact Finisler at (248) 683-4138 or Finisler@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (858) 387-3667.

Parent 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.

Tremor Disorder Support
Sharri Finisler 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, 5125 Wainut Lake Road in West Bloomfield. Contact Finisler at (248) 683-4138 or Finisler@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (858) 387-3667.

lifestyle changes that can significantly improve the symptoms of dry eyes. For example, drink eight glasses of water daily to keep the body hydrated and flush impurities. Make a conscious effort to blink frequently, especially when reading or working on the computer. Avoid rubbing the eyes, as it only worsens the irritation. Dry eye can be a continual

annoyance or it can develop into a serious problem, so make sure that when the symptoms begin, you get in to see your eye doctor. You need to prevent dry eye syndrome from becoming a sight-threatening problem.

Dr. Michael Peterson is an optometrist with Suburban Eye Care, 32415 Five Mile Road, Livonia. Contact him at (734) 525-8170.

SYNDROME

FROM PAGE C7

dry whenever the eye feels dry.

■ Tiny plugs placed in the ducts that drain tears can benefit some forms of dry eye. By blocking the drainage of the tears, the eye stays in contact with its own tears for a longer period of time resulting in

greater comfort. ■ Nutritional supplements in the form of soft gel caplets work by preventing drying and atrophy of the tear glands as well as providing essential nutrients that regulate all three layers of the tear film. ■ Prescription drops that improve the health and function of one of the glands essential for tear production. There are also simple

**Make The Call
Make The Move
Don't Delay
for Best Selection**

Active senior living can be just one phone call away thanks to The Meadows of Livonia — an independent rental apartment community for adults 55+.

- One- and two- bedroom floorplans
- Maintenance-free living
- Emergency response system
- Fully equipped kitchens
- Educational programs/social events

Two Months Free Move-In Gift
for leases signed by April 30



Call Today: 734/522-1151

The Meadows of Livonia
Senior Apartment Community
28811 Jamison, Livonia

Baby Show • Beauty Model Event

America's Fabulous Faces

Model Search
Call for more info. (810) 720-4897

Contest Date
April 18 MI - Twelve Oaks Mall, Novi
April 19 MI - Fashion Square Mall, Saginaw
April 19 MI - Crossroads Mall, Kalamazoo
May 10 MI - STATE FINALS
Holiday Inn South, Lansing

Visit our website at www.americanfabulousfaces.com

Stacy L. Smith, M.D.
Announces Her New Office Location:
20088 Farmington Rd. • Livonia (Just south of 8 Mile Road)
248-476-3869

Dr. Smith is board certified in Family Practice and has been on staff at Providence Hospital for 10 years.

Dr. Smith sees patients of all ages for School and Sports Physicals as well as Adult Health Maintenance.

Many same day appointments available

Cancer is a Journey.

Know Which Way to Turn.

This is no time to go plunging ahead without direction. There are unexpected twists and turns ahead; there are informed choices to make. So before you start, stop. Get your bearings. Get a second opinion. Get the facts you need. Call now.

Cancer AnswerLine: 1-800-865-1125 or www.cancer.med.umich.edu



Comprehensive Cancer Center