

MAY

Chronic Illness/employment
A free seminar, sponsored by the Detroit Area Wegener's Granulomatosis Support Group, will discuss chronic illness and employment issues 7 p.m. Wednesday, May 7, at Botsford Hospital, 28050 Grand River, Farmington Hills, in Classroom 2 East A (directly above the emergency room). The speaker will be Sharon Lotocky, a social worker and the executive director of the Chronic Illness Coalition. Call Erin Williams at (313) 278-8868.

Stress
Learning how to manage stress could make a big difference in how you feel. The Oakland County's Office of Alternative Medicine Center will offer a class called an "Introduction to Mindfulness, Meditation and Relaxation" 6:30-8:30 p.m. Wednesday, May 7. You will learn meditation techniques to help you relax and improve your overall health. Call (800) 543 WELLS to reserve your spot. The cost is \$25.

Fibromyalgia
The Livonia CFS/Fibromyalgia Support Group will feature Dr. John Halmaghi 7 p.m. Thursday, May 8, at the Livonia Civic Center Library, 32777 Five Mile Road, Livonia. Halmaghi will discuss migraine and TMJ dysfunction pain. Call (248) 346-3154.

Fibromyalgia conference
The Michigan Fibromyalgia Awareness Day conference will take place 11 a.m. to 5:30 p.m. Saturday, May 10, Macomb Community College in Warren. The conference will feature leading researchers from the University of Michigan's Chronic Pain and Fatigue Research Program, one of the largest and most well-funded fibromyalgia research centers in the country. Registration is \$25 and includes

lunch. Space is limited and pre-registration is required. Call Sharon Waldrop for a registration form at (248) 235-1221, or email: Fibromyalgia@comcast.net, by Wednesday, April 30.
Take your love to heart
A day of blood pressure checks at no charge to screen moms for hypertension, in recognition of Mother's Day. Complimentary carnations and 15-minute, sealed back massages for participating moms. Saturday, 10 a.m. to 3 p.m. May 10 at Beaumont Hospital, first floor of the Ministrell Women's Heart Center. No charge. Call (248) 551-8794.

Thyroid
The Michigan Thyroid Support Group will meet 6:30 p.m. Monday, May 12, at the Plymouth Library, 223 S. Main Street, Plymouth. Endocrinologist Dr. Al-Kassab will discuss how he treats thyroid disease. For more information on the group, contact Tracy Green at mthyroid@yahoo.com or (734) 41-7945.

Health camp
Plan now to enjoy your most invigorating and health-promoting vacation in a beautiful private camp near Grayling, Mich. May 11-18. Smoking cessation expert Dr. Arthur Weaver and a team of health professionals will provide the latest scientific knowledge regarding prevention of disease. Eat healthy vegetarian meals, exercise, learn to control stress and kick the smoking habit. Activities include horseback riding, canoeing, golfing, hiking, ceramics and basket weaving. All cabins are clean and heated. \$425 per person per week; \$800 for a married couple. Call (248) 349-5683 or (313) 531-2079.

Cravings
Do you respond to stress with craving

for chocolate, steak, or potato chips? Biochemist Sandy Baumann will teach you the physiological reactions for such cravings in her class "Why Women Crave Chocolate & More Love Steak" 6:30-8:40 p.m. Tuesday, May 13, at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren). Dearborn Heights. Cost is \$39 plus a \$5 material fee to the instructor. Nurses may register for nursing contact hours at an additional fee. To register, call (313) 317-1500.

Grief support
Angela Hospice, 14100 Newburgh Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meeting is 1 p.m. and 6:30 p.m. May 13 and May 27. Call Joan Lee at (734) 464-7810.

Cancer loss
The U-M Comprehensive Cancer Center's 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 B. Reader, Jr. Urban Environmental Education Center in Ann Arbor. Free. Register by May 1. Call (734) 615-4012.

Cosmetic labels
Do you really know what's in your cosmetics and skin care products? Learn how to read and interpret product labels, and discover ways to enhance your unique beauty using natural products. Enroll in "Natural Beauty" offered 6:30-8:30 p.m. Thursday, May 15 at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren). Dearborn Heights. 6:30-8:30 p.m. Thursday, May 15. Cost: \$21. To register, call (313) 317-1500.

Long disease
St. Mary Mercy Hospital, Livonia, will offer a Senior Health Connection Program titled "Living with Lung Disease" 11 a.m. Wednesday, May 21. Dr. Gregory Stone, pulmonologist, will present an overview of the most common chronic lung diseases. Call (734) 655-8740 or (800) 494-1650 (toll-free callers only).

Dyslexia
The Michigan Dyslexia Institute-Detroit Metro Center, 30230 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.

Scleroderma
The Scleroderma Foundation Michigan Chapter will host an education event to discuss localized scleroderma and skin care with Dr. Michael Dorman. The event takes place at 7 p.m. Wednesday, May 21, The Scleroderma Foundation Conference Room, 30301 Northwestern Hwy., Suite 309, Farmington Hills. Reservations required. Call (248) 865-7529 or (800) 716-6554.

Blood drive
VFW Post 9895, 6440 N. Hix Road, Westland, will sponsor a Red Cross blood drive 2-8 p.m. Thursday, May 29. Walk-ins welcome. For an appointment, call Larry Tesoro, 261-2807, or (734) 377-8329, or (734) 261-2807 and leave name, telephone number and time desired.

OCCURRING

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.mpsas.org. If you have a disability rights issue, contact the MPAS at (800) 288-5923.

Bipolar
The MDOA-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 each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorwin Hursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9559.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Hospital-sponsored AA meetings held: Noon every Tuesday and Thursday at Providence Medical Office Center-Hovi, 37500 W. 10 Mile Road (at Hovi), Novi. Call (248) 349-9362. Noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734)

953-1188; and 9:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

Gambling
The Gamblers Anonymous Support Groups meet 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom A. 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) 655-8740 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) 683-4138 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.

Study links heart disease to osteoporosis

A study by doctors at Beaumont Hospital finds that people with osteoporosis are at higher risk for coronary artery disease than people without it. Results of the study, the first to report such findings, were presented recently at the American College of Cardiology meeting. "This study means that we may have identified another major risk factor for heart disease," says Dr. Pamela

Marovitz, medical director of Beaumont's Ministrell Women's Heart Center and the study's principal investigator. "Our research shows osteoporosis may be a better predictor of coronary artery disease than other risk factors."

The Beaumont study looked at 209 patients who had undergone a heart catheterization and bone mineral study. Those patients with osteoporosis

were found to have a higher rate of coronary artery disease. Osteoporosis independently predicted heart disease better than traditional risk factors such as hypertension, diabetes and family history.

Marovitz says Beaumont's Women's Heart Center, in conjunction with Beaumont's Nuclear Medicine department, is planning a larger, more comprehensive study in the future

to further examine the link between osteoporosis and heart disease.

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue. Of the 10 million Americans estimated to have osteoporosis, 8 million are women and 2 million are men, according to the National Osteoporosis Foundation.

Do You Have Skin Cancer?

If you have at least 2 basal cell skin cancers, you may qualify as a volunteer in a medical research study. If you qualify, you must visit our office 10 times over an 8 month period and will receive, at no cost to you:

- A physical exam
- Laboratory testing
- An EKG (if necessary)
- Investigational treatment and surgery for your skin cancers
- Financial compensation for your time and travel

For more information, please call Dr. Kim Yuse at 313-577-8059

University Dermatology

4201 St. Antoine SE UHC 555 Barclay Circle, Ste. 115
Detroit, MI 48201 Rochester Hills, MI 48307

• SAVE DOLLARS ON HEARING AID BATTERIES FOR •

You'll never find a better price on 100% digital hearing

Complete In Canal Hearing Aid

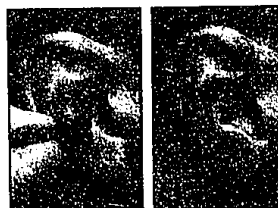
- 5 Year **FACTORY** Warranty
- 5 Year **FACTORY** Loss and Damage
- 5 Year **Service** Policy

Factory List Price \$3148 INTEGRA DIGITAL C.I.C.

\$1498

COME IN AND LISTEN

HOW GREAT OUR 100% DIGITAL HEARING AIDS SOUND WITHOUT ANY OBLIGATION TO BUY.



COMPLETE IN CANAL HEARING AID

EXPIRES 5/9/03

WHY BUY ANY HEARING AID WITHOUT A 5 OR 10 YEAR FACTORY WARRANTY HELPING THE HEARING IMPAIRED FOR OVER 49 YEARS IN BUSINESS.

WHY PAY \$2,500 TO \$3,500 PER AID, WITH A WARRANTY OF ONLY 1 TO 2 YEARS, WHEN YOU CAN PURCHASE A 100% DIGITAL HEARING AID WITH A 5 YEAR FACTORY WARRANTY FOR LESS MONEY?

100% DIGITAL FULL SHELL CUSTOM FITTED HEARING AID
HEARMAX FULL SHELL WORLD'S FINEST QUALITY & PRICE
\$798⁰⁰
FACTORY LIST \$1492⁰⁰

ANALOG CUSTOM I.T.E.
MODEL A.H.S. FULL SHELL CAN FIT A LOSS UP TO 40 DECIBELS MONAURALLY
\$299⁰⁰
FACTORY LIST \$799

HEARING AID REPAIRS
NOT DIGITAL - PROGRAM OR BEYOND-THE-EAR
\$89⁹⁵
PLUS S&H

HEARING AID BATTERIES
ROY-O-VAC
WHY PAY \$3.00 TO \$6.00 A PACK? Limit 5 Packs of Batteries #10, #13, #312, #675 CASH & CARRY ONLY LET'S GET ACQUAINTED
\$2⁰⁰
Expires 5-9-03

GEORGE IWANOW HEARING AID CENTERS, INC.
OUTSTANDING SERVICE AND INTEGRITY SINCE 1954-OUR GOAL 100% SATISFACTION

COMPARE PRICE & WARRANTIES - WE OFFER 5 TO 10 YEAR FACTORY WARRANTIES - BY APPOINTMENT ONLY

LIVONIA
4000 WILLOW CREST
(734) 261-6300

BLOOMFIELD HILLS
WEST LONG LAKE ROAD
(248) 723-2800

RIVERVIEW
17098 FORT STREET
(734) 285-5666

EASTPOINTE
21261 KELLY ROAD
(586) 772-1700

VISIT OUR WEBSITE AT www.georgeiwanow.com

BERNARDON NU-LEAF DANAVOX FINETONE ELECTONE SIEMENS PHONAK

BELTONE MIRACLE EAR STARKEY-RESDOND REXTON OTICON LORI QUALITONE ARGOSY