

GOOD HEALTH

ROYAL OAK

Hospital to host driving workshop

A Beaumont Hospitals workshop scheduled for April 21 to April 23 will assess and improve driving strategies for older adults. The goal is to help them continue to drive for as long and as safely as possible. Workshop topics will include brake reaction time, depth perception, visual acuity, useful field of view and other elements important to safe driving.

"These workshops blend classroom work and confidential on-the-road evaluations to provide a great opportunity for older drivers to assess their strengths and weaknesses behind the wheel," says Daun Klein, rehabilitation supervisor of Beaumont's Driver Rehabilitation program. "We will teach the effects of aging on driving, compensation skills for diminished abilities and defensive driving skills to provide participants with the ability to self-evaluate their driving skills through our occupational therapists who are certified to teach the AAA/TIA Mature Driver Program."

The "Mature Driver Workshop" at Beaumont will feature classroom time, along with a third day that consists of some classroom and confidential on-the-road evaluations.

The three-day workshop is scheduled to meet from 9 a.m. to 1:30 p.m. April 21 to April 23 at the Beaumont Health Center, 4949 Coolidge Highway, north of 14 Mile Road in Royal Oak.

The class costs \$35 per person. For more information or to register, call 800-633-7377.

OAKLAND COUNTY 'Social Worker of the Year' to be honored

Community Health and Social Services, a nonprofit center that provides health and wellness services to underinsured and uninsured people in Detroit, says that Chief Executive Officer J. Ricardo Guzman has been named "Social Worker of the Year 2010" by the Michigan Chapter of the National Association of Social Workers. Guzman will accept the award on April 9 at the chapter's annual conference at the Dearborn Hyatt Regency.

ROYAL OAK

Physician named to the AMA board

Dr. Barry Franklin has been appointed to the national American Heart Association board of directors for a two-year term. In this role, Franklin will serve as a science representative contributing to the achievement of the association's mission to build healthier lives, free of cardiovascular diseases and stroke through oversight of revenue generation and health impact activities.

"Barry has been an incredible leader for the association at the national, regional, and local level in metro Detroit and has been a strong advocate for exercise and wellness," said Kevin Harker, executive vice president for the Midwest Affiliate.

Franklin is director of Cardiac Rehabilitation and Exercise Laboratories at William Beaumont Hospital. He holds adjunct faculty appointments as clinical professor of Exercise Science at Oakland University, professor of Physiology at Wayne State University School of Medicine, and clinical professor, Department of Family Medicine, and the University of Michigan Medical School.

During Franklin's tenure at William Beaumont Hospital, the cardiac rehabilitation program and stress testing laboratories have achieved national and international recognition in the treatment and evaluation of coronary artery disease.

Franklin serves as chair for the American Heart Association's Council on Nutrition, Physical Activity, and Metabolism. He is also a co-author of the American Heart Association text titled, "The No-Fad Diet".

DAVISON

VNA offering bone density screening

McLaren Visiting Nurse and Hospice is offering bone density screenings for Lapeer area residents at the City of Lapeer Community Center on Friday.

Bone densitometry is an essential tool in osteoporosis management. Osteoporosis is a progressive disease characterized by decreased bone density

ON THE WEB

Read Dr. Peter Gott of the United Feature Syndicate's column on potential seizures at theoaklandpress.com.



Send us your health news

If you have news about health issues in Oakland County — including awards, new hires, promotions, grand openings, new offices, etc. — send by e-mail news releases and photographs to Jerry Wolfe at health.news@oakpress.com. Photos should be JPEG format of 200 dots per inch of anyone mentioned in your release.

and increased bone fragility making bones more susceptible to fracture.

The bone density scan is done using the ankle; it is not a full body scan. The cost of a screening is \$10, and participants will be given a printout of their results to share with their physician.

For more information, call 866-800-0135 or 810-496-8755.

OAKLAND COUNTY Blue Cross offers new PPO health care plan

Blue Cross Blue Shield of Michigan will launch Healthy Blue OutcomesSM, a health care plan that rewards people with more affordable health insurance coverage for improving their own health.

Healthy Blue Outcomes is a PPO plan for employer groups that has the potential to reduce annual member deductibles by up to \$2,500. Deductibles are the out-of-pocket amount that people must pay before their insurance coverage pays for the cost of health care services.

This product will become available on July 1 and will be offered as an option for both insured and self-funded customers. For more information on Healthy Blue Outcomes visit bcbsm.com/outcomes.

OAKLAND COUNTY State health officials oppose helmet reform

The Michigan Department of Community Health is firmly against the State House vote to repeal the current Michigan Helmet Law, which would allow motorcycle riders aged 21 years and older to operate their vehicle without a helmet. The House

voted 63-46 on House Bill 4747 to repeal the helmet law. The bill will now go to the Senate.

"The decision to repeal the Michigan Helmet Law is completely misguided and it is a disservice to the people of Michigan," said Janet Olszewski, MDCH Director. "The current law protects motorcycle riders from serious and in many cases fatal injury. If this law is removed, there will be great potential for more injuries and deaths related to motorcycle accidents."

If the bill becomes law, it is suspected more riders could opt not to wear a helmet.

As a result, injuries and fatalities would increase. The National Highway Transportation Safety Administration estimates that helmets reduce the risk of fatal head injury by 40 percent and the risk of death by 37 percent.

ROCHESTER

Dental Web referral site seems to be a hit

Dentists Kurt Doolin and Jeff Haddad of Rochester Advanced Dentistry are celebrating the one-year anniversary of their proprietary resource and social media referral site at http://www.mybodynetwork.com by making it available to other dentists and health care providers on a regional basis throughout the United States.

The concept was developed by Doolin and Haddad in 2008 and launched as www.mybodynetwork.com/rochester in March 2009.

My Body Network is a Web site platform that helps connect doctors and patients through an inter-office referral system. The network works like a social media site and facilitates the sharing of patient success stories and testimonials and relevant news and information,

and provides the opportunity for health professionals to align themselves with one another and offer seamless service to their patients.

Haddad says the practice still receives patients from traditional marketing, but the MyBodyNetwork solution has

been the most effective and efficient way for prospective patients to educate themselves and seek out specific services.

"These patients have done their homework and they come to our office with confidence because another health care provider in the MyBodyNetwork/Rochester community has recommended us. It has built in trust and credibility," Haddad said.

Doolin and Haddad are currently establishing the networking site for health care providers in several cities throughout the nation who want to create their own MyBodyNetwork community. Doolin says it's the next wave of patient outreach beyond a traditional Web site.

MARKETPLACE MEATS & DELI

"An Olde Time Butcher Shop Since 1972"
 Open Mon. thru Fri. 9-6; Sat 9-5:30; OPEN THURSDAY 'TIL 7 P.M.
 www.marketplacemeats.com www.meatbundles.com
 7714 Cooley Lake Road, Union Lake, near Big Boy

PRICES SUBJECT TO MARKET AVAILABILITY
 PRICES GOOD THRU 4/14/10
 Phone in your order and we will have it waiting for you:

(248) 363-2041

We gladly accept Visa, Mastercard, American Express, Discover, Michigan EBT

WE PUT AFFORDABILITY BACK IN MEAT!

<p>Boneless Skinless Chicken Breast \$1.99 lb. <small>Lesser quantities \$2.49 lb. With Coupon • Expires 4/14/10</small></p>	<p>Whole Boneless Sirloin \$3.29 lb. <small>TRIMMED & SLICED FREE</small></p>
<p>Delmonico (Rib Steak) \$5.99 lb. <small>Already Cut Bone In</small></p>	<p>Whole Boneless New York Strips \$4.49 lb. <small>With Coupon • Expires 4/14/10</small></p>
<p>Ground Beef from Chuck \$1.99 lb. <small>Sold in 5 lb. bags Lesser quantities \$2.49 lb. With Coupon • Expires 4/14/10</small></p>	<p>Whole Peeled Beef Tenderloin \$5.99 lb. <small>Naturally Aged USDA Government Inspected SLICED & TRIMMED FREE</small></p>
<p>Ground Beef from Round \$2.49 lb. <small>Sold in 5 lb. bags Lesser quantities \$2.99 lb. With Coupon • Expires 4/14/10</small></p>	<p>Ground Beef from Sirloin \$2.99 lb. <small>Sold in 5 lb. bags Lesser quantities \$3.49 lb. With Coupon • Expires 4/14/10</small></p>
<p>Already Cut Boneless New York Strips \$6.99 lb.</p>	<p>Flank Steak \$4.99 lb.</p>
<p>Pork Steak or Country Ribs \$1.59 lb.</p>	<p>BBQ Ribs \$9.99 <small>Receive FREE 1 lb. of Cole Slaw, Pasta or Mustard Potato Salad</small></p>

BULK BUNDLE SALE

<p>MARKETPLACE BUNDLE A 5 lbs. Boneless Sirloin Steak 5 lbs. Ground Beef from Chuck 5 lbs. Chicken Breast 5 lbs. Chicken Leg Quarters 5 lbs. Center Cut Pork Chops 5 lbs. Country Ribs FREE 2 lbs. Bacon \$79.90 <small>You Wrap at Home</small></p>	<p>MARKETPLACE BUNDLE B 10 lbs. New York Steak 10 lbs. Sirloin Steak 10 lbs. Chuck Roast 10 lbs. Beef Stew 10 lbs. Cube Steak 10 lbs. Ground Steak FREE 2 lbs. Dearborn All Beef Hot Dogs \$219.90 <small>You Wrap at Home</small></p>
<p>MARKETPLACE BUNDLE C 5 lbs. Sirloin Steak 5 lbs. Chicken Leg Quarters 5 lbs. Ground Chuck 5 lbs. Pork Chops 5 lbs. Frozen Beef Patties 5 lbs. Country Ribs 5 lbs. Breakfast Sausage 5 lbs. Bacon FREE 10 lbs. Idaho Potatoes \$99.90 <small>You Wrap at Home</small></p>	<p>MARKETPLACE BUNDLE D 10 lbs. Boneless Chicken Breast 10 lbs. Chicken Leg Quarters 10 lbs. Sirloin Steak 10 lbs. Beef Stew 10 lbs. Ground Chuck 10 lbs. Pork Chops 10 lbs. Pork Steak FREE 2 lbs. Bacon \$179.90 <small>You Wrap at Home</small></p>

Test to warn smokers of cancer danger

By LAURAN NEERGAARD
 Of The Associated Press

WASHINGTON (AP) — Scientists may have found a way to tell which smokers are at highest risk of developing lung cancer: measuring a telltale genetic change inside their windpipes. A test based on the research is being developed in hopes of detecting this deadly cancer earlier, when it's more treatable.

And if the work pans out, the next big question is: Might it even be possible to reverse this genetic chain reaction before it ends in full-blown cancer? The researchers found a tantalizing early hint among a handful of people given an experimental drug. "They're heading toward lung cancer, and we can identify them with this genomic test," said Dr. Avrum Spira of Boston University School of Medicine, who led the research published Wednesday in the journal Science Translational Medicine.

Lung cancer — which killed nearly 160,000 Americans last year — is the leading cancer killer, and cigarette smoke is by far its main cause. Yet, not all smokers develop lung cancer; Spira cites estimates that 10 to 20 percent will. The risk depends in part on how much people smoke, for how long and how long ago they quit — but there's no way to predict who will escape it and who will not. Nor is there a good way to detect early-stage tumors. Consequently, most people are diagnosed too late for today's treatments to do much good.

"Even for people who have stopped smoking, there's a significant risk of cancer down the road, and it would be nice to identify which patients are really at risk," said Duke University lung cancer specialist Dr. Neal Ready, who wasn't involved in the new research but called it intriguing.

It all started with a few good women and some cake sales...

100 years later, lives are still being saved on the corner of Huron and Johnson Streets.

Please join us in honoring the Oakland County Hospital Association and celebrating the history of providing healthcare in Pontiac for 100 Years!



The Centennial Ball

Saturday, April 24, 2010

Wabek Country Club

Black Tie Invited

Tickets \$150



Proceeds to benefit the North Oakland Foundation
 248-857-7096 for tickets or more information

THE OAKLAND PRESS
 Published Daily. Delivered Daily. • To Subscribe: 877-373-2387 • www.TheOaklandPress.com