



Program to tout benefits of alternative therapies

By ELIZABETH H. VOSS
 Special to The Oakland Press

Women can find relief from pre-menstrual syndrome and the unpleasant side effects of pregnancy, menopause, stress and more using complementary therapies, according to health care providers from Henry Ford's Center for Integrative Medicine in Northville.

"There are many wonderful benefits people experience aside from the one symptom that brought them into the office," says Beth Kohn, an acupuncturist and one of three speakers slated to appear Oct. 4 at a program called, "From PMS to Menopause: Alternative Therapies to Help

at All Stages of Life."

Kohn, who specializes in traditional Chinese medicine, will speak about using acupuncture and Chinese herbal therapy to alleviate symptoms of premenstrual syndrome and menopause and for fertility support. When fertility problems are related to stress, traditional Chinese treatments can help, she says.

Herbs and nutritional supplements can be used to alleviate mood symptoms, hot flashes, osteoporosis and vaginal dryness, according to Dr. Michael Seidman, co-director of the Northville alternative medicine center.

Because he was unhappy

PLEASE SEE RELIEF/E-2



Photo by Elizabeth H. Voss

Acupuncture can be used to alleviate discomforts women face from menopause, pregnancy, stress and more.

MEDICAL NEWS



LEE BOWMAN

Poor circulation in legs not necessarily inevitable

Years ago, older people complained of poor circulation in their legs and feet, and they and their doctors pretty much wrote off the problem as an inevitable sign of aging.

Today, doctors know that poor circulation is usually not caused by a general decline in efficiency of the arteries, but rather by the same sort of clogging and narrowing of the blood supply lines that cause heart attacks and strokes.

Hardening of the arteries in the lower extremities is called peripheral artery disease, and it is estimated that 10 million Americans have it.

"We call it arterial disease below the belt," said Dr. Alan Hirsch, a specialist in tracking vascular disease, of the University of Minnesota and Abbott Northwestern's Vascular Center.

Two out of three people with impaired circulation in the lower body don't have any noticeable symptoms at first, but the disease progresses to cause pain in the area near a blockage.

"It's as if someone had your leg in a vice," Diane Treat-Jacobson, an assistant professor of nursing at the University of Minnesota, quotes a patient as saying, "I could no more walk a mile than fly," another patient told her.

Peripheral artery disease (P.A.D.) can become severe enough that circulation is lost entirely. This can mean emergency surgery to replace or bypass the blocked artery or even amputation of a toe, foot or leg.

Additionally, having blocked arteries in the lower body dramatically boosts the odds of developing similar blockages inside the heart, brain or abdomen.

The National Heart, Lung and Blood Institute and several drug companies and other organizations, launched a campaign this week to encourage everyone over age 50 to talk to a doctor about the risks for peripheral artery disease and to be alert for symptoms.

But most people with peripheral artery disease don't notice anything wrong. That's why you should ask about a test — called the ankle brachial index test. It is basically a blood-pressure test done with the cuff around an ankle rather than the upper arm. If the blood pressure is much lower or substantially higher in the ankle than in the arm, it's a warning sign of circulation trouble in the legs.

The good news is that most people can see improvement through lifestyle changes, exercise therapy and taking the same sort of drugs that heart-disease patients use to reduce narrowing of arteries.

If the blockage is more than drugs can handle, there are surgical interventions available, including balloon and stent-insertion procedures, grafts and bypasses.

"Early diagnosis and proper treatment can improve quality of life and reduce cardiovascular events for people" with the disease, Hirsch said. But he noted that recent studies show such patients are less likely to receive life-saving treatments than those with better-known forms of vascular disease. "There are still a lot of physicians who don't take this seriously enough, and one of our goals is to change that, too."

Diabetes is the biggest single risk factor linked to peripheral artery disease: diabetics are four times more likely to have circulatory problems than non-diabetics. And blacks, who have higher rates of diabetes and high blood pressure than the rest of the population, also face increased risk.

Age also plays a role. By age 70, one in five people has peripheral artery disease. Smoking, abnormal cholesterol levels, high blood pressure and a family history of heart attack, stroke or other vascular disease also contribute to the risk.

Here are common warning signs:
 ■ Fatigue or pain in legs, thighs or buttocks that always happens when you walk, but goes away upon resting
 ■ Foot or toe pain that often disturbs your sleep
 ■ Skin wounds or ulcers on the feet or toes that are slow to heal, or don't heal, even after eight to 12 weeks.

Lee Bowman, health and science reporter for Scripps Howard News Service, writes a weekly column on new medical developments. Contact him at Bowman@SHNS.com



The Oakland Press/CHARLIE CORTEZ

Andrew Nelson, 9, smiles — as does his mother, Diana — after hearing good news from Barbara Moore (right), director of the Enuresis Treatment Center in Farmington Hills.

RESTORING SELF-ESTEEM

Enuresis Treatment Center believes wetting the bed is not an accident

By CATHY NELSON
 Special to The Oakland Press

Even though it was more than 30 years ago, time has not dimmed Barbara Moore's memories.

There were the invasive procedures, the painful surgery that didn't work, followed by psychological therapy and a prescription for an anti-depressant. Moore vividly recalls it all — even though she wasn't the patient.

Instead, it was her then 6-year-old daughter, Gaile Nixon. Nixon was suffering from enuresis, or bed-wetting, and Moore believed her daughter's condition didn't warrant the extreme treatments.

Unlike primary enuresis — where someone has always wet the bed and is often blamed on an immature or small bladder — Nixon had secondary enuresis, meaning she had not always wet at night. The condition is often attributed to stress.

When physical procedures failed, doctors blamed it on Nixon's reaction to her brother,

who was born with multiple birth defects.

"It was very frustrating," said Moore, 64, who has three children and two stepchildren. "The doctors told me, 'Don't worry, she'll outgrow it.' She wasn't outgrowing it."

That's when Moore, a single mother at the time, took matters into her own hands. She

PLEASE SEE BED-WETTING/E-2

Basics of bed-wetting

WHAT IT IS: There are two types of bed-wetting.

Primary enuresis, where a person has always wet the bed at night, and secondary enuresis, where a child who has been dry at night starts bed-wetting. Bed-wetting often runs in families and is more common among boys. Experts estimate only 1 percent of cases are related to physical causes such as bladder infections or diabetes.

WHEN IS IT A PROBLEM: According to Dr. Lisa Pavone of Beaumont Medical Center, Lake Orion, nighttime bladder control usually doesn't happen until a child is between the ages of 5-7, and is not something to worry about until it interferes with socialization.

WHAT NEXT: Many families begin with a trip to the pediatrician, who may refer them to a pediatric urologist. After ruling out physical causes, physicians commonly use motivational and behavioral therapy, bladder exercises and sometimes drugs.

The Enuresis Treatment Center, Inc. in Farmington Hills adheres to the theory that bed-wetters have an inherited deep sleep disorder and treat the patient through changing sleep patterns and bladder exercises. Drugs are never used.

MORE INFO: For the Enuresis Treatment Center, 31500 W. 13 Mile Road, call (800) 379-2331, e-mail help@nobedwetting.com or visit www.nobedwetting.com.

For more information on bed-wetting, visit the American Academy of Pediatrics Web site at www.aap.org and click on Health Topics, or visit Beaumont's Web site at www.beaumont.hospitals.com and type bed-wetting in the search box.



COMING FRIDAY: The Who is coming to The Palace, with material from its first new studio album since 1982. Gary Graff gets the story from Roger Daltrey and Pete Townshend.



WHO'S YOUR TIGER?

It's been 19 Years...
 The pieces are in place
Tigers Playoff Preview Section
 COMING OCTOBER 3rd

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