



**ON FREEP.COM**  
**Video of Michigander Mike**

After six days, Mike Wendland completed the Michigander bike tour. He rode along streams, climbed hills and scoured the Upper Peninsula for a decent Internet connection. Enjoy his videos, photos and daily blogs at [freep.com/mikewendland](http://freep.com/mikewendland).

**RUTH TO THE RESCUE**  
**Turn off computer before vacationing**

Make it difficult for a computer hacker to break in and access your personal information while you're away on vacation. The Insurance Information Institute advises you to turn off your computer and disconnect from the Internet before you leave.

- RUTH SPENCER, LOCAL 4 NEWS



**TECH TIP**  
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With Sony Creative Software's ACID Music Studio 7, you can create multitrack recordings while controlling the volume and effects of each instrument and vocal. The software will automatically match the tempo and key to create a polished-sounding mix. \$60 at [www.sonycreativesoftware.com](http://www.sonycreativesoftware.com)

- DEBORAH PORTERFIELD, GANNETT NEWS SERVICE

# SATURDAY JUMP START

**OVERHEARD**

"I never miss a party."

**Laurie Rotary** of St. Johns, taking part in the annual Boat Night in Port Huron before the sailboat race to Mackinac Island, which starts today.  
**STORY, 5A**

**IN TODAY'S FREE PRESS**

**The People Mover marks 20 years in service**  
**BUSINESS, 8A**

**Executive chef of Tribute takes new MGM job**  
**LIFE, 1C**



**Lindsay Lohan surrenders on DUI charge**  
**NAMES & FACES, 6C**

**Getting it straight**

The Free Press corrects all errors of fact. If you know of an error, please call the newsroom at 313-222-6600.

■ In Thursday's Motor City section, the specifications box accompanying the review of the 2007 Lincoln MKZ AWD should have said that electronic traction control, not electronic stability control, is standard equipment.

■ Thursday's Sports section had an incorrect location and time for today's Detroit Shock game. The game against Washington is at 7:30 p.m. at the Palace of Auburn Hills.

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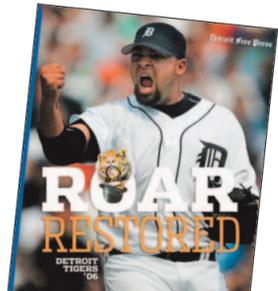
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## Learn facts before surgery

In his 20 years of experience, Dr. James Grant, chairman of anesthesiology at Beaumont Hospital in Royal Oak, has seen countless patients nervous about having surgery. Some he has never seen at all.

"The most off-the-wall patients I've had are the ones that won't come in," Grant said. And in a couple of cases, "they walked in and walked out" and never had the operations.

But being nervous about surgery is common, Grant said. So any good doctor should allow you to ask all the questions you want about what to expect and how best to recover.

**YES, ASK**

"The more questions they ask, the better the chance they will understand the procedure itself and why they need the surgery," said Dr. Scott Laker, assistant professor of surgery at Wayne State University School of Medicine and Harper Hospital. He specializes in advanced laparoscopic surgery and bariatric surgery.

Good questions include:

- How many times has the surgeon performed this procedure?
- What are the risks associated with it?
- What risks are specific to someone my weight, height and age?
- How will my health affect the procedure and its side effects?
- How long do I need to be off work or school?
- How will the surgery and pre-op and post-op medications affect medications I take?

If you're not comfortable with your surgeon, it is more than reasonable to look for another.

**FOLLOW THE DOCTOR'S ORDERS**

Doctors may instruct you not to eat anything for 6 or 8 hours before the procedure, and Grant said it's incredibly important that you abide by that.

Doctors don't want "food to get from the stomach into the lungs," Grant said. That can be life-threatening, destroy lungs and block the ability to ventilate.

If doctors discover the patient has eaten after the cutoff time, "we will delay the surgery until that 6 or 8



WILLIAM ARCHIE/Detroit Free Press

**It's especially important to understand the risks and how you can minimize them.**

children that he'll give them face masks, fix them up and, before they know it, they'll see Mom and Dad.

**SMOKERS**

Smokers require special consideration when undergoing anesthesia, according to the American Society of Anesthesiologists.

"Smoking is one of the worst things you can do to your body," Laker said. "Surgery patients who smoke are at a higher risk for elevation in blood pressure, cholesterol, pulmonary problems, chronic obstructive pulmonary disease, post-operative pneumonia, cardiac events and even stroke."

Nonsmokers can heal faster than smokers and have less chance of developing infection.

Patients who smoke may find surgery a good starting point to quit because they cannot smoke while recovering in the hospital, and smoking cessation resources are available, including nicotine patches and gum to reduce cravings.

**DO YOU NEED TO LOSE WEIGHT?**

"Losing weight is always optimum for anesthesia and postoperative care," Grant said. "In two weeks, if you can get down to normal weight, that's great," but don't try outlandish techniques to lose 20 pounds in two weeks.

hours is past," Grant said.

**THREE KINDS OF ANESTHESIA**

Local anesthesia is injected into the tissue to numb a small area. Laker said it is generally reserved for outpatient procedures and skin and soft tissue surgery, in which a small incision and no deep penetration occur.

Regional anesthesia is injected into a cluster of nerves to numb a larger part of the body that needs surgery, such as an arm or leg. The patient may be awake or be given a sedative.

With general anesthesia, the patient is not conscious for the surgery. It is given intravenously or by inhalation.

"Putting you to sleep is the term everyone understands," Grant said, but he uses different wording, especially with his young patients.

"The only time they really heard 'put you to sleep' is when they have to put the dog to sleep," he said.

Instead, Grant said he usually tells



File photo



Today's News2Use is by Erin L. Hill, Free Press copy editor and staff writer. Got an idea for news you can use? E-mail it to [elhill@freepress.com](mailto:elhill@freepress.com) or call 313-223-4666.

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In 2007, Sunday only and Thursday/Friday/Saturday/Sunday subscribers in metro Detroit will receive the following holiday/bonus day editions as part of their subscription billed at 40¢ each: January 1, January 15, February 19, March 12, April 6, May 28, May 29, July 4, August 23, September 3, October 8, November 7, November 22 and December 25. Additional bonus days may be added, based upon story developments or anticipated reader interest, not to exceed 20 holiday/bonus days in 2007.

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Effective 6.21.07

**Lottery results**

**Michigan**  
Friday Daily 3 and 4  
Midday .....460 and 9920  
Evening .....409 and 1659  
Fantasy 5 .....5, 17, 24, 34, 35  
Keno 3, 4, 7, 10, 14, 17, 20, 21, 24, 25, 34, 36, 39, 41, 45, 50, 51, 53, 57, 64, 73, 74  
Friday's Mega Millions jackpot. \$35 million  
Saturday's Classic Lotto 47 jackpot .....\$1.4 million  
**Ohio**  
Friday Pick 3 and 4  
Midday .....073 and 0570  
Evening .....605 and 3868  
Rolling Cash 5 .....4, 19, 30, 35, 37  
The Rolling Cash 5 jackpot .....\$110,000  
The Classic Lotto jackpot .....\$3.8 million

Find previous Michigan numbers on the Web at [www.michigan.gov/lottery](http://www.michigan.gov/lottery)  
Find previous Ohio numbers on the Web at [www.ohiolottery.com](http://www.ohiolottery.com)

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