

## Specialists demonstrate method of treating brain-injured patient

An English couple who are considered pioneers in their field are conducting a series of sessions here on the treatment of adult hemiplegic patients and children with cerebral palsy. The first seminar begins today.

Dr. Karel Bobath and Berta Bobath, his wife, will give lectures and demonstrations of the therapy techniques they have developed during their professional careers of more than 50 years.

In addition to seminars, they will offer a two-week course in which a limited number of health professionals will have an opportunity to learn the specific techniques of the Bobath treatment approach.

### Hemiplegia

Their visit is being scheduled by the hospital's Department of Physical Therapy. They are making a return visit to Duke, where a year ago they conducted a seminar on hemiplegia, paralysis of one side of the body.

Approximately 180 physical therapists and other allied health professionals from

throughout the United States are expected to attend the Adult Hemiplegia Seminar this weekend in the Edwin L. Jones Basic Cancer Research Building.

The program is offering a presentation of the rationale for and demonstration of the Bobath method of treating adult patients with hemiplegia.

### Cerebral palsy

The Cerebral Palsy Seminar, open to physicians, physical therapists and related health care personnel, will be held July 10-12 in the Hospital Amphitheater. It is expected to draw more than 200 participants from across the country.

Robert C. Bartlett, professor and chairman of the Department of Physical Therapy, described the Bobaths as "a team who have been leaders in changing the whole focus of care of brain-injured patients. They are pioneers in the treatment of neurological patients."

The Bobaths operate a treatment center in London, have published numerous articles and have lectured throughout the world.



DR. KAREL BOBATH AND BERTA BOBATH

## Now she helps others reach toward recovery

By William Erwin

After Shirley Tomczak had her mastectomy, the tears didn't last long. Her husband and their three daughters made sure of that. Now, buoyed by her family's spirit and her own energy, Tomczak is convincing other women that a lump in the breast isn't the end of the world.

"Every couple of weeks, somebody rings the doorbell or calls and wants to talk about (the operation)," the Raleigh housewife says. "They know they have a mass there and they want to know whether to go ahead with surgery. They'll say, 'So and so knows you and knows you don't mind talking about it.'"

### Four of five not cancer

Tomczak (pronounced TOM-zak) can tell callers that four out of five breast lumps are not cancer. If the lump is cancer...well, look at how quickly a woman can bounce back.

"A month after the operation, I started playing tennis again," she said. "Most of the people I play tennis with didn't know I'd had a mastectomy. I swim; I do yardwork; I dig in the garden. I volunteered to teach a class in Christmas crafts at the YWCA. We did bread dough figures for wreaths and baskets, and you can be sure that takes some strength in your hands, because it's like kneading dough."

She had a tautness in her right arm and some twinges of pain for a month after

the operation, she said, "but never any great discomfort."

Tomczak's husband, Roman, gets most of the credit for speeding her recovery. "Your husband is the key," she said. "If your husband accepts it, you'll be able to accept it."

Roman Tomczak, a design engineer, had not a qualm when he first saw his wife after she was wheeled from the operating room.

"If you can reassure her as early as possible, it makes a big difference," he says to any man whose wife has a mastectomy. "She'll be looking for assurance that the loss of the breast isn't

going to affect her relationship with you — sexually or any other way. The most important time for reassurance is right after surgery. I wanted to see the scar right away; I wanted her to see it didn't make any difference."

The operation didn't make any difference to the Tomczaks' daughters either, two of them in high school at that time and one in junior high. "Even when I went shopping for my prosthesis, the girls went with me," Shirley Tomczak said. Later they helped their active mother shop for clothes. "It was a great help to have someone with me who cared about how I looked and who could keep

me from buying nothing but turtlenecks."

A Reach to Recovery volunteer from the American Cancer Society boosted Tomczak's optimism too. "They're the most wonderful people in the world," she said. "They visit you in the hospital, with your doctor's permission, and they bring a rope and a rubber ball for you to exercise with." Each Reach to Recovery volunteer has had a mastectomy herself.

Tomczak was working as an American Cancer Society volunteer at Duke's Breast Cancer Detection Demonstration Project on the day her lump was discovered.

A low-dose X-ray examination called mammography turned up a tiny mass, too small to be felt.

"I get calls now about whether mammography is safe," she said. "I think the benefits probably far outweigh the risks...I'll be eternally grateful to mammography."

### He insisted

Mr. Tomczak remembers that his wife didn't want to have the operation at first. "She wasn't really happy about going to the doctor (after the mammography showed the suspicious sign), but I insisted," he said.

Women who fear their world will come crashing down if they have surgery for breast cancer should listen again to Shirley Tomczak: "I'm one of the fortunate ones."

(For answers to questions about breast cancer and a free pamphlet on breast self-examination, call the Duke Cancer Information Service toll-free in North Carolina at 1-800-672-0943; in the Durham area, 286-2266.)



BACK ON THE COURT — Shirley Tomczak resumed her tennis playing only a month after undergoing a mastectomy. (Photo by Jim Strickland)

## 'Barber,' 'Carmen' to be performed

The Duke University 1978 Summer Opera Festival and Workshop, a joint effort of the Department of Music and the National Opera Company, began its second season on Duke's East Campus June 12.

The workshop will feature four opera productions this year: "Don Pasquale" by Donizetti, June 25 at 3 p.m.; "Martha" by von Flotow, July 2 at 3 p.m.; "The Barber of Seville" by Rossini, July 9 at 3 p.m.; and "Carmen" by Bizet, July 16 at 3 p.m.

All performances will take place with orchestra in the air conditioned Carolina Theatre located on Roney Street in downtown Durham.

Ticket prices are \$6 per ticket for "Carmen" and \$4 per ticket for each of the first three opera productions. Series tickets for all four productions will be \$15. Ticket information may be obtained by calling the music department (684-2534) or Page Box Office (684-4059).

## Machemer named to top eye post

(Continued from page 1)

45, is a native of Muenster, Germany. He received his medical education at the universities of Muenster and Freiberg and at the University of Vienna in Austria.

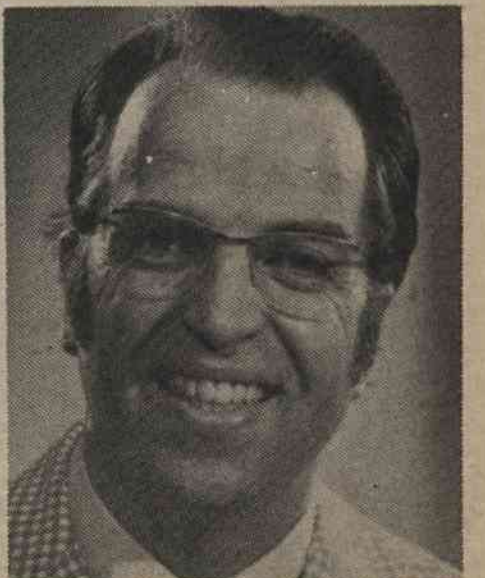
After serving an internship at Rodalben Hospital in 1961, he spent a year as a fellow in general pathology at Freiberg and then completed his residency in ophthalmology at the eye Clinic of the University of Goettingen in 1965.

The surgeon came to the United States in 1966 as a research fellow at the Bascom Palmer Eye Institute and was named to

the University of Miami School of Medicine faculty in 1968.

In recognition of his clinical and research achievements, Research to Prevent Blindness, Inc., a non-profit New York-based charitable foundation, awarded him its Louis B. Mayer scholarship in 1971. The following year, the Club Jules Gonin, an international society of retinal surgeons, presented him with its prestigious Herman Wacker Award.

Machemer and his wife, Dr. Christel Machemer, a psychiatrist, have a 15-year-old daughter named Ruth.



DR. MACHEMER