

Arthritis Treatment Center Newsletter – August 2010

Never mistake knowledge for wisdom.
One helps you make a living; the other helps you make a life. Sandra Carey

These patients reveal how they... go there and do that!

The Forrester's are avid travelers who travel frequently following their motto, "*Goin there, Doin that!*"—a slight modification to the "*Been there, Done That!*"

Ralph Forrester grew up having vacationed at various destinations of North America with his family since 1938. One of their first major trips was in 1940 when he and his parents traveled from Maryland to Washington state, to Tijuana and Baja Mexico, and home to Maryland in seven weeks.

With more than 102,600 miles on their 36-foot airstream, he continues to vacation as a member of the Airstream Club. Both he and his wife, Zoe Forrester will attend various rallies and caravans. They've visited points of interest as far north as Newfoundland, Canada, and as far south as Baja, Mexico. In one day, they may travel between 250 and 500 miles, which depending on what sites they stop to enjoy in the course of the day. Mrs. Forrester adds, "Just be prepared to eat a lot!"

They have just recently returned from a caravan trip to Wyoming with stops in Texas, Kansas, and North Carolina. Mr. Forrester explains, "Belonging to the Airstream Club, which consist of more than 6,600 members, is like having an extended family. We look forward to the trip and who we will visit along the way. In any given trip there may be 20-25 RVs that may participate." He continues, "Caravan trips are when we travel from one place to another and see various points of

interest along the way. Club members/leaders will plan a trip, the points of interest to visit along the way to a specific destination, and the time to meet at that destination. Rallies are trips where members will travel to one destination to enjoy a specific event."



Zoe and Ralph Forrester with Dr. Wei talking about their recent trip.

Mr. Forrester says, "One of my most memorable trips was to Alaska to watch the dog sled races." He was also amazed by the Warthers Museum in Ohio, when a young man with a fifth grade education discovered a rusty pocket knife in the dirt and a hobo at the train station showed the teenager how to whittle a pair of pliers out of the long, thin block of wood.

Mrs. Forrester recalls their trip to Antelope Canyon in Arizona to see sandstone rock formations millions of years old.

Ralph and Zoe Forrester met in Junior High School and have been sweethearts ever since. This year they celebrate 56 years of marriage. Mr. Forrester says, "My parents had to sign and give me permission to get married. She was 15 and I was 21." He adds, "Our theme song is *You're Still The One*." Together, they have three children who live in Texas, Ohio, and Maryland. They live in Mt. Airy, Maryland and travel south to Punta Gorda, Florida in the winter where he enjoys golfing.

Both Mr. and Mrs. Forrester conclude, that they are thankful to Dr. Wei for their arthritis care so that they can continue to enjoy this lifestyle. Mr. Forrester adds, "We're just gonna wear out and not rust out!"

Do You Really Need International Travel Insurance?

by: [Theresa Peck](#)
http://www.articlecity.com/articles/travel_and_leisure/



Ensuring you have international travel insurance is extremely important. More and more people are travelling overseas and no one wants to be sick while they are away having the time of their life. Whether you are going away for business or

pleasure, you should always have travel insurance to make sure you are covered in the event of an illness. Even if you are in top notch health, you never know what may happen. You could be walking the Great Wall of China and when you roll your ankle, who is going to cover that? The answer is; international travel insurance. When you book your flight and travel arrangements, make sure you go online to find a great deal.

What to Look for in International Travel Insurance

When you buy travel insurance over the internet it is important to compare rates -- it's never been easier to do this online. Therefore, do not look for the first rate that you find on insurance. If you look around enough, you will be able to find a really good rate. Just make sure that your international insurance is all inclusive. You may think a deal is really great until you arrive at a doctor's office and realize that your insurance has been declined or will not reimburse you for the medical care!

As you search for online rates for international travel insurance, make sure it covers the following items: all medical expenses for illnesses and injuries, damage to your luggage, stolen items and missed or cancelled flights. As you can start to see, it is easy to benefit from much more than just medical insurance, but that really is the most important element as it can be quite costly. Make sure you disclose any pre-existing conditions as this may turn into a problem for you later on. Remember, it is better to be safe than sorry.

Other Factors to Consider

Make sure your insurance will cover you for the entire trip. If you purchase yearly international travel insurance make sure it stays valid during the duration of your trip. You may forget that your yearly insurance is finished while still on your trip. You must read the Product Disclosure Statement which will lay out exactly what you are entitled to. You can confirm all of these details with the insurance provider and to be extra safe you can request it to be emailed to you in writing.

Different Coverage Plans

There are many different coverage plans available for most travel needs. If you are not travelling alone, you may want to look for group discounts or family discounts. Some people may want to consider travel

insurance that is specific to their needs such as travellers who go on cruises or are going to be doing extreme sports. Most plans will allow you to extend your travel insurance in the case that you stay longer.

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## Linguine Pasta with Shrimp and Tomatoes

"A sauce made from fresh tomatoes is the secret ingredient in this delicious shrimp pasta."

Submitted By: Cindy in Pensacola

### Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 4 cups diced tomatoes
- 1 cup dry white wine
- 2 tablespoons butter
- salt and black pepper to taste
- 1 (16 ounce) package linguine pasta
- 1 pound peeled and deveined medium shrimp
- 1 teaspoon Cajun seasoning
- 2 tablespoons olive oil



### Directions

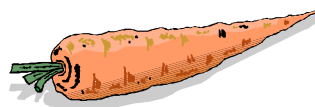
Heat 2 tablespoons of olive oil in a large saucepan over medium heat. Stir in the garlic; cook 2 minutes. Add the tomatoes and wine. Bring to a simmer and cook 30 minutes, stirring frequently. Once the tomatoes have simmered into a sauce, stir in the butter and season with salt and pepper.

Fill a large pot with lightly-salted water; bring to a rolling boil. Stir in the linguine and return to a boil. Cook the pasta uncovered, stirring occasionally until the pasta has cooked through but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Season the shrimp with the Cajun seasoning, salt, and pepper. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium-high heat. Stir in the shrimp and cook until pink on the outside and no longer translucent in the center, about 5 minutes. Stir the shrimp into the pasta sauce, then stir the sauce into the linguine to serve. Serves 6.

## Fresh Veggies vs. Frozen and Canned Veggies: Which is Healthier?

by: [Kathryn Steed](#)  
<http://www.goarticles.com/>



We all know that eating vegetables is an essential part of getting key nutrients and keeping our bodies performing at their

highest levels. There are so many ways to obtain vegetables: canned, frozen, the produce aisle at a supermarket, farmer's market or even growing your own. So are all these ways of consuming vegetables equally healthy or should we try and avoid anything that's not fresh?

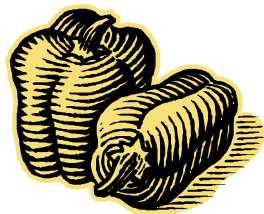
There is no doubt that growing your own vegetables is the most nutritious and arguably the tastiest way to eat veggies. With a vegetable garden, you are in control of how they are planted, cared for, and harvested, which

means that you can grow organic vegetables for much cheaper than buying them at the grocery store. Also, you have the option of planting a greater variety of vegetables. If you have yard space and some spare time, you should try starting a vegetable garden. It's a cheap and environmentally-friendly way to get the most out of your vegetables!

While many of us would love to be able plant and harvest our own produce, it's not always feasible. There are days when we are in a hurry and must quickly dump a can of green beans or frozen spinach into the microwave if vegetables are going to make it on the menu. Are canned and frozen vegetables less healthy than fresh vegetables? Well, there a lot of points to consider: nutrition, cost, shelf-life and taste.

Though not fresh, frozen and canned vegetables have their benefits. In 1998, the FDA confirmed that frozen vegetables are just as healthy (if not more so) than purchasing vegetables from the produce section at your local grocery store. Vegetables are packed with the most nutrients right after they are harvested. The longer the time between harvest and transportation to the grocery store shelf, the more the nutrient level decreases. Since frozen vegetables are picked, blanched and frozen within hours of harvest, they're processed when they are freshest and have the highest amount of nutrients. So don't worry about picking up bags of frozen peas and broccoli; they are still benefiting you and your family's health.

Are canned and frozen vegetables equally healthy? Usually not, although many people prefer their taste because of the added salt and preservatives. When purchasing canned vegetables, added salt is an additional concern, especially if you have or are predisposed to high blood pressure. There are usually reduced sodium or no salt added options, however. Canned veggies also tend to lose a lot of their nutrients during the preservation process, with the exception of tomatoes and pumpkin.



If you don't want to grow your own vegetable garden, the next best thing is to support a local farmer's market. Produce at a farmer's market is fresher than produce at the grocery store. It's also nice to be able to ask how the crop was grown (were pesticides used?) and support your local economy at the same time.

The way produce is prepared also affects the nutrient levels. For example, boiling vegetables in a pot of boiling water can cause vitamins and minerals to leach into the water. The healthiest way to prepare vegetables is to lightly steam them. Since Americans typically only eat about one-third of their daily serving of vegetables, any vegetables are better than none at all. While you should strive to get the most nutrient-packed vegetables on your plate, it's more important

to strive to eat a full serving of vegetables each day, no matter where they come from.

## European All In One Washer Dryers

by: **Joe Cline**

<http://searchwarp.com/>

Although all in one washer dryer combo units have been available for quite some time in Europe, they have only recently been introduced in the United States. European all in one washer dryers let you wash and dry clothes in the same unit. Simply put the clothes in the washer dryer unit, add detergent, and turn it on. The unit will wash your clothes, and then it will dry them. There is no need for you to move wet, heavy clothes from one machine into another. Because you only need one unit to do both your washing and drying, you will save a lot of space. You will also save yourself some heavy lifting as well.

Unlike most dryer units, most combination units do not require ventilation. This, along with their small size, makes them ideal for apartment dwellers. Combination units dry your clothes by means of condensation instead of just hot air like traditional dryers so they do not need to be ventilated to the outside. Because of this, the combination units take longer to dry your clothes. However, some experts believe that this method of drying is better for your clothes.

Although early all in one washer dryer units were not very energy efficient, recently some manufacturers have introduced energy efficient models. Because of their small size, these combination dryers do not use a great deal of water or soap. Some units require that you use special high efficiency detergent. However, you will only need to use a few tablespoons for each load of laundry. Additionally, combination units can be plugged into a normal household socket. This means that you do not have to have a special washer and dryer plug installed. If you live in a house that has never had a washer or dryer before, this can save you a good deal of money.

One downside to these recent models is their expense. Because relatively few American manufacturers are making these all in one units, they can charge more for them. Demand for these space savers is strong enough that people will pay the higher prices. Expect to pay around one hundred dollars more than what a similar unit would cost in Europe.

Another downside to combo washer dryer units is their relatively small capacity. These combination units can only process ten to fifteen pounds of clothing at one time. Separate washer and dryer units can wash and dry around twenty pounds of clothing per load. Larger families often opt for the standard separate units so that they will have fewer loads of clothes that need to be washed. For small families and single person homes, however, these all in one units can be an excellent option.

If you have a small child, make sure that you purchase a unit with child locks. Because most combination units are front loading and the door is fairly close to the ground, it is easy for a child to get inside. Child locks can help prevent your child from getting hurt.

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## Arthritis Treatment Center Summer Schedule

**August 6<sup>th</sup> – August 13<sup>th</sup>** - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, osteoporosis scans, IDD, and product purchases. Lab appointments are available 8/9 – 8/11.

**Effective immediately** we will no longer submit commercial insurance claims on behalf of our patients. This excludes Medicare. Patients will be responsible for submitting their own claims.

### Friendly Request...

Please bring in your updated medication list so that our nursing staff can update your chart at your scheduled appointment.

## *Wei's World*

My youngest daughter Emily was adopted from China. She has learning disabilities complicated by a speech problem. This has caused her to be very shy because she has difficulty expressing herself. She learns things slowly but once she has them, she has them forever. Unlike many learning-disabled kids, she has no emotional issues (unless you consider being a teenager one of them).

Emily has an unbelievable memory. She remembers details from events that occurred years ago. She also has a terrific sense of direction. Her older brother, Benji, has a terrible sense of direction so if we need Benji to run an errand for us, we have Emily accompany him in the car so he knows how to get there and also how to get home.

Of all our children three biologic, one adopted, Emily is the one who tries the hardest. It's not that the others don't put in effort... it's that Emily, because of her learning disability, has

to literally give 110 percent in order to learn new things.

Emily does have a stubborn streak, which probably stood her in good stead when she was in her orphanage in China because only the strongest infants survived. That has not always been easy for us to deal with. When I was trying to teach her to ride a bike, she resisted mightily and threw enormous temper tantrums. We laugh about it now but then it was not pretty.

She has taken ice skating lessons since she was five and horseback riding lessons since she was nine. And she loves both of those activities. While she has mumbled occasionally that she'd like a horse, I've told her it's never going to happen. And I think she understands that.

Emily is a kind, sweet person and as she grows into a beautiful young lady, I become increasingly proud of her.

