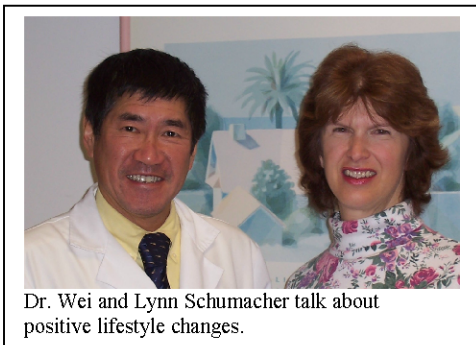




AOC Newsletter – December 2008

**"The more you praise and celebrate your life,
the more there is in life to celebrate." -Oprah Winfrey**

Patient Loses Weight Simply By Saying... Flour-Sugar



Dr. Wei and Lynn Schumacher talk about positive lifestyle changes.

"I was approaching my 25th wedding anniversary and weathering several serious health issues. I felt that I was heading in a downward spiral. At 175 pounds, I decided that I

needed to make a lifestyle change. I was motivated by my upcoming anniversary and propelled because of my health," says Lynn Schumacher. She continues, "One day, my mother had given me the catch phrase –flour-sugar. It simply meant, if a food contained any of these two ingredients, I didn't eat them. I consumed less processed foods, canned foods, white bread, and desserts. I made smart choices in choosing fresh fruits and vegetables and ate sensible portions, which helped me lose more than 40 pounds. I didn't think of it as a diet, but more of a lifestyle change. I made it a point to walk at least 3 days a week, and treat myself occasionally with a bowl of ice cream." She also says, "I didn't want to deprive myself of things I enjoyed completely. People ask, did I include an aggressive exercise program, and I have to say no. I continued with some physical therapy exercises that I was doing earlier in the year, and I walk. I know I need to implement some weight bearing exercises, and it's a goal to begin in the future." She states, "It has taken me more than 15 months to achieve this goal, and to keep it off. I also realized that a good program and a lifestyle change doesn't happen in weeks or even a few months."

FREE Teleseminar

For Arthritis Sufferers Only...

"Make This Your Best Year Ever!"

**Discover Seven Little Known Secrets to
Transform Your Health With the ...**

- **Right Exercise**
- **Right Diet**
- **Right Stress Busters**

...That Most Doctors Don't Know About!

- **Learn how to blast away those pesky food cravings!**
- **Feel great with these common sense exercise tips for arthritis patients!**
- **Ratchet down fatigue without drugs!**
- **Clobber stress with this single fastest fix!**

**Join me on the phone Tuesday evening,
January 13, 2009 at 7 PM Eastern Time in the
comfort of your own home. Register NOW! (The
number of phone lines we can accommodate is
limited)**

**Register by calling Michelle at 301 624-1164 or
online at this link:**

www.aocm.org/HaveYourBestYearEver.htm

Here's how you can have a personal masseur at your beck and call!



Stress, and sore muscles, and back pain come in many forms, but relief comes in one amazing package. The Human Touch 125 is

manufactured with you in mind! Beneath the luxurious leather are the "hands" of a trained massage professional –ready to provide you with a customized back, leg, and foot massage at the touch of a button. You have to feel it to believe it. It features:

1. 3 invigorating auto-massage programs,
2. Full-body stretch,
3. Penetrating neck massage,
4. Power recline, and
5. Deep-well foot and calf massager.

"I use the chair's benefits twice a day for fifteen minutes to relive pain in my lower back. It was a great investment. It's extremely comfortable that I sit in it all the time. In fact, I just purchased a second chair for my

daughter, who says her back feels so much better.” Charlotte Reeves – Sykesville, Maryland

54 percent of Americans are concerned about the level of stress in their everyday lives. You might think of a massage only as a luxury in exotic spas and upscale health clubs. But did you know that massage therapy, when combined with traditional medical treatments, is used to reduce stress and pain and promote healing in people with certain health conditions such as arthritis?

“I like all of the features that the chair offers, but I like the kneading most of all, as it runs up and down my back. I use it every few days. I’m always trying to recommend the chair to other people because it really does work. I think that the Arthritis and Osteoporosis Center of Maryland has really helped me manage my arthritis health.” Mary Shober –Frederick, Maryland

“I purchased a human touch HT-125 after sitting in it once. I decided that it would be a good think to have. It’s like having a masseuse. It feels great on my legs and I enjoy sitting in it very much. It’s comfortable and I would recommend it to anyone who would enjoy a massage.” Richard O’Connor –Frederick, Maryland

The HT-125 does what you tell it to do, from the ergonomic headrest to the rotating calf and foot massager. You customize each movement to your own preference. The remote control gives you direct access to three individual pre-programmed massage sessions lasting 15 minutes each.

“Everyone who comes to visit loves using my chair. I like using my chair, and I try to use it at least three times a week. Not only does it help ease my joints, but helps me get rid of the tension in my neck. I purchased the dark red chair, which looks great with my other furniture. When the colder temperatures arrive, I look forward to using the heat features.” Barbara Wallace –Woodbine, Maryland

Here’s our holiday chair offer!! You can save big during the month of December when you order the HT-125 for yourself or for someone you love.

Compare our holiday price of **\$300.00 off** the list price with what you’d pay at any store. Plus, you get **free shipping, a written prescription that allows a potential tax deduction for a healthcare-related product, and a free linear traction neck support pillow.** Total savings = **\$300.00 discount + Free shipping (\$180.00) + Linear Traction Pillow = \$516.00!!**

Place your order now. Call 301-694-5800 and tell Sherrie you want to order the HT-125 and have it delivered right to your front door.

A Bit of Hanukkah History

Hanukkah, a word which means dedication, is called the Festival of Lights and celebrates the victory of Judah Maccabe (the Hammer) over the Greek-Syrian Antiochus IV. The miracle was after cleansing the temple of idols, there was only one cruse or vial of consecrated olive oil for the Eternal Light in the temple.

This one day’s supply miraculously burned for the eight days and nights needed to get more consecrated oil. Jews all over the world will light one candle on the first day of Hanukkah, from the center candle, and one more each evening, until on the eighth night all are burning on the eight branched Menorah. It was very important to cleanse the temple and sanctify it right at the moment, instead of waiting for new oil to be consecrated so they could celebrate the Succoth Harvest festival which ensured good crops for the coming year.

Hanukkah Cookies

Ingredients:

- ½ cup shortening 1 cup sugar
- 1 egg ½ cup orange or pineapple juice
- 2 tsp baking powder 2 ½ cup flour + extra for rolling

Directions:

1. In a bowl, add ingredients in the above order, mixing well after each addition (you can do it in a processor too).
2. Using half of the dough roll on a floured board.
3. Cut into holiday shapes like a dreidel, star, etc.
4. Decorate (lion eye, dreidel lines, candle tip, etc.) with chocolate chip, raisin, sprinkles, colored sugar, etc.
5. Bake at 325 degrees Fahrenheit for 10 minutes or so until lightly browned. They firm up a bit more as they cool.

Cookies will freeze well, but they won’t last that long. Yields about 6 dozen.

NOTE: If making different shapes, try and make all of one shape on a tray because the different sizes don’t bake at the same rate; some will burn and others will be under-baked.

During the month of December the Arthritis and



Osteoporosis Center of Maryland will be host to those who wish to contribute to the Toys for Tots program. There will be a box available next to the AOC Christmas Tree until December 16th. Bring your new unwrapped toy for a boy or girl.

Do you have a favorite family tradition? Are you looking to start your own tradition or wondering what others do? During the month of November we polled our AOC staff and patients. Here’s what they said...

“I enjoy gathering with my family for a wonderful meal and always remembering the true meaning of Christmas.” Debbie Wastler - AOC Staff

“We have a family gathering on the farm in New Jersey with a buffet supper in front of the fire on Christmas Eve

followed by a formal dinner on Christmas Day. This is attended by all family members young and old. And, homemade doughnuts are always a must.” Jean Whitaker - Salem, New Jersey

“Through the year our family will look for something extra to hang on our tree. These items are marked with the current year and who chose it. When the kids leave the house they will have everything they need for their tree.” Jim Granado - Frederick, Maryland

“All of my kids get to open one present on Christmas Eve and the present is always a new pair of pajamas!” Marianne Morningstar - AOC Staff

“I enjoy decorating the Christmas tree while listening to Christmas music by Elvis and Nat King Cole.” Nina Weisenborn - AOC Staff

“I enjoy taking my three little grandsons to visit Santa early in December.” Marietta Anderson - Frederick, Maryland

“I enjoy having the whole family together on Christmas day and it’s really the greatest blessing. Having dinner and sharing gifts beneath the tree only enhances our joy.” Rosemarie Smith - Mt. Airy, Maryland

“I enjoy getting together with family during the holidays and sharing a delicious meal.” Betty Adkins - Middletown, Maryland

“We celebrate Hanukkah. My girls and I decorate a Hanukkah table and enjoy decorating the room.” Traci Stupp - New Market, Maryland

“Finding the perfect Christmas tree has been the star of our holiday celebrations. When we get it home, my boys love to unpack the ornaments and remember all of the stories that go along with them. Beth Snyder - Laytonsville, Maryland

Check out our bulletin board in the reception area for more great holiday traditions.

Do you need a cool Joke???

What do snowmen wear on their heads?

Ice caps!

How do snowmen travel around?

By icicle!

How do sheep in Mexico say Merry Christmas?

Fleece Navidad!

What do snowman call their offspring?

Chill-dren

What do snowmen eat for breakfast?

Frosted Flakes.

The Scoop on Snow Shoveling Safety

By: Home Made Simple

It’s official: The season of snow shoveling is upon us. If you’ve let the stack of snowflakes build, it’s time to take out the tools and get to work. Follow this guide to help you and your loved ones have a safe and happy shoveling season.

Part I: Preparation

Shovel selection. You may not know it, but the secret is in the shovel! Your best bet is a shovel that fits your size, so you’re not heaving more snow than you can handle. Also, a shovel with a curved handle is ideal.



With the lower scoop, you won’t have to bend as far.

Dress up. Not in fancy evening wear, but in layers. Not only will you keep warm, but it’ll be easier to shed some of the

excess if you get overheated. Be sure to choose clothing that allows you to maintain mobility.

Say “yes” to staying hydrated. Shoveling is a workout, and the key to any successful workout is staying hydrated. But don’t be fooled by the cold weather; dehydration is an issue no matter what the temperature. Be sure to drink plenty of water before, during, and after your shoveling session.

Say “no” to big meals. While you’ll want to keep up on your fluids, stay away from eating big meals just before shoveling to avoid feeling sluggish. Try having a quick snack to sustain energy –such as a granola bar or cup of yogurt.

Stretch your muscles. You may not be training for a marathon, but shoveling is strenuous work. Before tackling this winter chore, stretch your muscles to help prevent strains and sprains. Focus on your upper body –as it will get the most exercise.



Part 2: Procedure Master “the lift.” You’ve heard it a million times before you lift something heavy: “Lift with your legs, not your back.” The same rule of technique will give your back and arm muscles a bit of a break from

the strenuous lifting –and give you a chance to recoup. “WHEN!” Possibly the most important rule of snow shoveling: Know when to say “when.” Pay attention to your body’s signals. If you’re feeling tired, ask family members or neighbors for help. When you’re finished, invite everyone inside to warm up over a cup of hot chocolate.

While snow shoveling is often considered a demanding task, with a little precaution, you can get through the snowy season safe, and without serious strain.

Wei’s World

I grew up in small town in upstate New York called Norwich. At the time (in the early and middle 50’s), it was a farming community with a couple of big companies, one of which was Eaton Laboratories where my dad worked as a chemist. Now... because of businesses closing, Norwich, from what I hear, is a depressed area. It’s a shame because I have a lot of positive memories about growing up there.

It was a simple place with a lot of nice people. There was a quarry outside of town and we would go there on field trips as well as to other nearby areas and dig up arrowheads. We also went to a maple syrup farm.

If you’ve never had maple syrup on snow, it’s quite a treat. I’m not sure I’d do that now with all the air pollution, but then it was great.

Another thing, political correctness was not on the radar screen. My family, because we were the only Asians, were considered an oddity. There were a few African American families living there also. There were some memories regarding this issue I’d prefer to forget... but that’s life.

This was also the period of the cold war. In school, I remember we had “atom bomb” drills where a siren would sound and we all dutifully crawled under our desks and held our arms over our heads... and then when the drill was over, we would get up and have our morning milk, which I believe was 2 cents. Boy... have times changed!

Winters were long and the snow was really deep. One year, on the first day of spring we had four feet of snow fall. Nowadays, here in Maryland, this much snow is pretty unusual. Is it global warming? Who knows? When I tell my kids I walked to school through three feet of snow uphill both ways, they generally ignore me... I don’t know why.

Arthritis and Osteoporosis Center of Maryland
71 Thomas Johnson Drive
Frederick, MD 21702
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What has research done for you lately?

As you know, people with arthritis are often confronted with pain every day, and it limits their ability to lead a full and active life.

An estimated 40 million Americans have some form of arthritis or other rheumatic condition. That number is expected to climb to 59.9 million by the year 2020. Arthritis affects women in greater numbers than men, particularly women over 45 years of age. It is the leading cause of disability in this country, but it is not, as many people think, an inevitable part of growing older. Research has offered a better understanding of arthritis and the effective ways to prevent it and its complications. **Call our research department at 888 71-STUDY or 301-624-1164 to find out if you qualify for one of our studies.**