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January 2012 – Happy New Year!

Inside This Issue:

- Patient Profile - Dennis Keener - Page 1
- A New Year Recipe for Good Luck and Health! – Page 2
- Staff Profile – Meet... Laura Rau - Page 2
- Top 10 New Year Resolutions – Page 3
- Joint Food – Page 3
- Calendar – Page 4
- Wei's World – Page 4

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.
~Benjamin Franklin

Reflecting On A Year Gone By...

I'll explain about this picture later on...

January... the beginning of a new year, the month where notable luminaries such as Paul Revere, Betsy Ross, Martin Luther King Jr, Edgar Allen Poe, Robert E. Lee, and Elvis Presley's celebrated birthdays.

This is the month where we usually get some bitter cold weather and the occasional big snowstorm... although February and even March have had their share in recent years.

January is also the month when people often decide to turn over a new leaf and make resolutions. That's why the health clubs are jammed with people. By March, the census is back to baseline.

OK... I understand it's hard to lose weight between Thanksgiving and New Year's. But now is the time to start an exercise program. Begin with this simple exercise: push yourself away from the table. One argument I get is, "I don't have the time to exercise." Watch less TV or better yet have the tube in front of you when you exercise.

A regular exercise routine is hard to get into but you need to do it routinely so it becomes a habit... like brushing and flossing your teeth.

Which reminds me of a Zig Zigler story about his going to the dentist and asking, "Do I have to floss all of my teeth?" And the dentist responding with, "No... Just the ones you want to keep..."

And diet. I have some patients who tell me... "I eat hardly anything but I can't lose weight..." Hey listen... it's scientifically impossible not to lose weight if you eat fewer calories than you burn.



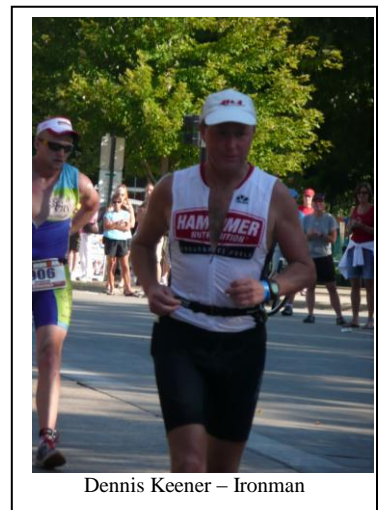
I guarantee you'll feel better, have less arthritis pain, and look better once you shed that weight and get toned. By now the Occupy Wall Street protests will be entering their third month. And other places like Oakland, D.C., London, and Harvard Yard will also have seen their share of protests. Now, I understand the underlying angst and anger many people have about the economy. It is a rough time. And it doesn't look like a solution is coming soon. The political machinery in the Nation's Capitol appears to be frozen solid-gummed up by ineffective government bureaucrats. Oh... the picture...

That's a picture of my son Benji when he was in grade school. He did something incredibly naughty (I forget what it was) and I put him in the time out chair we used to use for him when he was much younger. As you can see he didn't care for it.

I'm thinking of getting that chair out for those Washington politicians. – Nathan Wei

This Iron Man Knows How To Run!

Mr. Keener begins, "I've been running for most of my life. I didn't start running competitively until I was in my 30's and ran my first five mile race. It started off with a few friends. We would hop in my RV and head off to a designated location to run. It was all about camaraderie and reaching some of our personal goals!" He continues, "From 1989 thru 1991, I ran three marathons." Gradually, in between runs, his



Dennis Keener – Ironman

knees would give him a bit of trouble. He underwent two arthroscopies in 1992 and 1993, and was told to quit running! Which he did for more than 7 years! Approaching age 50, he was feeling a bit out-of-shape. He started running competitively again, running about 30 marathons and some ultra events (runs longer than 26 miles on all-terrain courses) over the next 7-8 years along with dozens of other shorter distance events. In 2004, I had a second scope on my left knee and in 2008, I had a second one done on my right knee. He says, "In 2005 I ran my first 50K (31 miles) in 13 degree weather and 8 inches of snow." He adds, "In 2009, I attempted to run a 100 mile run, but had to drop out at mile 70 because of blisters."

In January 2010, Mr. Keener "started having considerable pain in his right knee." He was diagnosed with irreversible arthritis in October 2010 by two renowned orthopedic centers, and he needed to know what options were available in regards to treatment.

After extensive research, he opted for regenerative therapy - a stem cell procedure - which used his own stem cells to regrow knee cartilage. He says, "I didn't see any real risks or downsides to this procedure. So, I took a leap of faith and decided to move forward." Dr. Wei performed the stem cell procedure in December 2010. After three months of physical therapy, he has since run the Bay Shore Marathon in May 2011, Solstice 10 miler in June 2011, Peterborough 70.3 triathlon in July 2011, 300 Mile/3 Day bike tour in July 2011, Crim 10 miler in August 2011, Ironman Wisconsin in September 2011, Prairie States Marathon and Marine Corp Marathon in October 2011. On December 17th he will run the Huff 50K (31 miles) trail run in Indiana.

Mr. Keener and his wife reside in Michigan. They have three children, a son, Danny, a daughter Abby, and daughter Erin who they lost to cancer more than 24 years ago. I did the WAM 3 day bike tour, traveling 300 miles which I rode in memory of Erin Elizabeth. Out of the 900 riders, Mr. Keener raised more than \$13,000 (9th highest fundraiser) for the Make A Wish foundation of Michigan, an organization dear to his heart. He concludes, "Today, I run an average of 30 miles a week, swim about three miles a week, do a little yoga, and bike when the weather is good. My knee has recovered well beyond my expectations and I look forward to another Iron Man and an ultra or two in 2012."

A New Year Recipe for Good Luck and Health!

<http://www.tasteofhome.com/Recipes>

Suzanne Dabkowski of Blythewood, South Carolina

Who couldn't use a little extra luck these days? Many cultures believe eating certain foods on New Year's Day will give people good luck and bring prosperity.

Black-eyed peas, collard greens and Hoppin' John are popular in the southern United States, while in the

east, the Pennsylvania Dutch and Germans eat pork and sauerkraut or cabbage on New Year's Day.

Italians eat a dish made with pork sausage served over lentils. They believe the shape of the lentils resemble coins, thus symbolizing money. The Chinese will eat a whole fish as all things should have a beginning and an end. In Japan, soba noodles and shrimp are believed to bring longevity.

Here is a healthy recipe for you to eat along your quest for good luck: **Healthy Sausage Lentil Soup Recipe**

Ingredients

- 1 medium onion, chopped
- 1 celery rib, chopped
- 1/4 pound reduced-fat smoked sausage, halved and thinly sliced
- 1 medium carrot, halved and thinly sliced
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 1/3 cup water
- 1 cup dried lentils, rinsed
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/4 teaspoon pepper
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 tablespoon Worcestershire sauce
- 1 cup chopped fresh spinach

Directions

- In a large saucepan coated with cooking spray, cook and stir onion and celery over medium-high heat for 2 minutes. Add the sausage, carrot and garlic; cook 2-3 minutes longer or until onion is tender.
- Stir in the broth, water, lentils, oregano, cumin and pepper. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until lentils and vegetables are tender.
- Stir in the tomatoes, Worcestershire sauce and spinach; cook until heated through and spinach is wilted. Yield: 6 servings.
- Prep: 25 min. Cook: 40 min.

My name is Laura and I am a radiologic technologist and manager of our Imaging Department. I graduated from the Radiology Program at Hagerstown Junior College in 1993. I have been employed at the Arthritis Treatment Center (ATC) since June 1999. It has been a very enjoyable time in my career. I have learned many new things here which include research, ultrasound imaging, and being involved in all aspects of patient care. I truly enjoy seeing our patients and working with my co-workers.



I grew up in Buffalo, New York. Even though I prefer warm weather, I do like the snow having grown up with plenty of

it. I moved to Maryland after meeting my husband, Steve, almost 30 years ago. I have three sons who are 28, 25, and 21. My oldest son is in the WV Air National Guard and does paralegal work. He is married and had our first grand-daughter, who is now three. By the time you are reading this we should have our 2nd granddaughter, who should arrive at the end of December. My middle son will graduate with a degree in education in 2012. He is engaged and planning a 2013 wedding. My youngest son joined the Army in February 2011. He is in the Infantry and stationed at Fort Lewis, WA. He became engaged this summer. My husband and I enjoy our family time and we are very proud of our sons.

My husband and I like to travel and take family vacations when everyone's schedule allows. We enjoy anything from hiking in the mountains, to lying on a beach. One of the places that we enjoy visiting is Skyline Drive in Shenandoah National Park. We started going there 28 years ago and have taken our sons there a couple times a year since and now they enjoy going themselves where my middle son actually proposed to his fiancé on Skyline Drive!

Top Ten New Year Resolutions

Gary Ryan Blair ~ <http://www.goalsguy.com>

New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions, which offer the first of many important tools for remaking ourselves.

The following list is the result of an extensive survey, which consisted of over 300,000 responses worldwide.

1. Lose Weight and Get in Better Physical Shape
2. Stick to a Budget
3. Debt Reduction
4. Enjoy More Quality Time with Family & Friends
5. Find My Soul Mate
6. Quit Smoking
7. Find a Better Job



Last month we broke the news on who our **Biggest Winner** was for our referral contest. Here is Dr. Wei presenting Netta Paulson a check for \$1,000.00 - She is one happy winner!

8. Learn Something New
9. Volunteer and Help Others
10. Get Organized

Joint Food is the purest preparation of glucosamine and chondroitin available. Studies show that people who take pure forms of glucosamine and chondroitin experience pain relief and improvement in joint function.

Supplements like *Joint Food* have been used to treat arthritis in horses and dogs for many years. In Europe, people have used glucosamine and chondroitin to treat arthritis since the 1980's. *Joint Food* is based on the German formula and is available in Europe today—only by prescription. The effectiveness of glucosamine and chondroitin products, used as a treatment for osteoarthritis, is proven. You may need to take the supplements for at least two months before you see any results.



Joint Food offers pain relief, improvement in joint function and even slows down the progression of the disease!

And, there are no side effects... no drug interactions... and may allow you to reduce your dose of NSAIDs.

Studies show that glucosamine supplements have no serious side effects, causing only mild indigestion or headaches, which can usually be remedied by taking the supplement with food. Traditionally, non-steroidal anti-inflammatory drugs (NSAIDs) have been prescribed to treat the symptoms of osteoarthritis. These potent drugs may mask symptoms, causing stomach upset, ulcer formation, and damage to the liver, kidneys, and gastrointestinal tract.

Glucosamine supplements do not interfere with any NSAIDs, aspirin, Tylenol, or other anti-inflammatory or analgesic medicines and continued use of the supplements will not lead to progressive joint destruction, GI upset or bleeding, or strain on the liver and kidneys.

http://www.vanderbilt.edu/ans/psychology/health_psychology/glucocond.htm#D

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Reminder: Inclement weather is approaching fast... patients should plan to have their prescriptions refilled 7-10 days prior to their last pill, in the event that our office is closed due to severe weather conditions.

SAVE THE DATE: With the approach of 2012 - We're gearing up for our 6th Annual Arthritis Symposium on Thursday, May 17th! We have lined up great speakers, amazing topics, and entertainment galore! We will keep you updated as details develop.

Wei's World

So how well do you know your doctor? And, more importantly, how well does your doctor know you?

Let me tell you a story...

My wife and I get a lot of mail, junk and otherwise. One piece of mail that always gets opened is the EOB-explanation of benefits- form that explains our coverage and reimbursement. I'm sure you receive a similar form.

As we all know, medical insurance premiums go up every year. So our practice has had to make some benefit changes. What's the best health insurance we can afford to provide for our employees? For the last few years, the practice has had insurance through a well-known HMO/PPO company. The HMO/PPO allows us to see doctors either in the PPO or outside doctors of our choosing. We've mostly opted for non-participating doctors since they are the better doctors. My wife and I consider our health to be more important than our health insurance.

So you can imagine how surprised we were when we received what looked like a personal letter from the HMO to one of our sons. It turned out to be a letter from a primary care HMO physician who was leaving the company.

It read...

"Dear Mr Wei,

While I have enjoyed being your personal physician and have been privileged to be part of _____, I am going to be leaving _____ on January 10, 2012.

We are recruiting a new physician to replace me; this physician will join our practice shortly..." And the letter goes on to talk about who to call, etc. Now what is interesting is that our son never saw this doctor. Not once!

Hey... I can understand form letters for many things. But a form letter from a doctor who has never seen a patient, to a patient whom he has never seen?

He goes on to mention how he has been "privileged to be his personal physician." Well maybe I get it... He never had to see him. No midnight calls. No unpaid balances for services rendered. Heck... not even the expense of making up a chart. A perfect patient!

Wow... I think that takes the cake.

I don't know about you, but I like to see doctors who have really laid eyes on me. And I like to get correspondence from doctors who actually view me as more than a number or a "case." By the same token, I don't like being referred to as a "health care provider."

I'm a doctor. A dyed-in-the-wool physician. And I have the battle scars to prove it. As you all know, we are the "anti-insurance company" practice. And after getting this letter, I think we'll stay that way.