



AOC Newsletter – July 2009

Our greatest glory is not in never falling but in rising every time we fall. **Confucius**

Sweet Moments in the Bollinger House

Mr. and Mrs. Bollinger reside in one of the first established neighborhoods in Thurmont, Maryland. She says, "I've lived in Frederick County since I was a child. My mother worked in a dress manufacturing plant in Thurmont and my father was a local meat cutter."

Now many years later, she and her husband, Sterling Bollinger, Sr., are the proud parents of nine children, four boys and five girls. They can also claim bragging rights with 18 grandchildren and 10 great-grandchildren. Their youngest child who is now 40 and their oldest child who is now 58, Mr. and Mrs. Bollinger are celebrating their 59th wedding anniversary. Mrs. Bollinger states, "Having my family around keeps me very busy. The holidays are an enjoyable and "crazy" time when everyone comes together. We are fortunate that most everyone lives in the area. I really love the strong feeling of family. It's been wonderful watching everyone grow up happy and accomplish their dreams of success."

In her spare time, Mrs. Bollinger enjoys sewing, knitting, and crocheting. She is even happier that she has been able to resume some of these hobbies because of the care Dr. Wei has provided in treating her arthritis.

Mrs. Bollinger has been living with arthritis since 1997. She recalls, "It all began with a small ache and very quickly developed into something that went out of control. I was actually in the hospital when I first met Dr. Wei." She continues, "Through his care, I have been able to continue my life productively with minimal flares and discomfort."

Mr. Bollinger, spent much of his life working in a local dairy processing plant and owned several

Frederick County landmark businesses. From 1974 through 1978, he was a Frederick County commissioner. Mrs. Bollinger says, "Those were very busy years. Not only was I managing the needs of a large family, I worked for more than 25 years with the Farmers Co-Op and often helped with the bookkeeping for our businesses...."

The Bollinger's used to own Ideal Farms Dairy and Ebert Ice Cream Co. in Frederick, Maryland –the place to go on Sunday afternoons for fresh churned ice cream. They also owned Gateway Market and Candy Land in Thurmont, Maryland, which still thrives today in the hands of her daughter and son-in-law.



Dr. Wei and Linda Bollinger speak about how well her arthritis is managed.

She and her husband have travelled extensively within the United States, but seem happiest when they are home in Thurmont.

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**Carpal Tunnel Release...  
Releasing the Worry and the Pain!**

A traditional carpal tunnel release involves an incision made at the base of the palm of the hand. This allows the doctor to see the transverse carpal ligament. After the ligament is cut, the skin is closed with stitches. The gap where the ligament was cut is left alone and eventually fills up with scar tissue. Although it is usually same-day surgery, it is still done under anesthesia.

After surgery, the hand is wrapped. The stitches are removed 10 to 14 days after surgery. The patient may be directed to wear a splint for several weeks. The pain and numbness may go away right after surgery or may take several months to subside. The physician may suggest that avoiding heavy use of the hand for up to three months. This same procedure is still used today.

However, at AOC... Dr. Wei is now using a less invasive approach. The hand is anesthetized. A needle is inserted poking holes in the transverse carpal ligament guided by ultrasound. The ligament is then gently snapped. There is no incision, and

there are no stitches. Within 24 hours the hand can be used within one week, and within one week normal activities may be resumed.

These two different approaches accomplish the same result, but the later with less risk and shorter recovery period. Here are three stories from patients who opted to have this new procedure done!

Anna Peddicord had her carpal tunnel release in July 2008. She shares, "I'm a basket maker, and the pain in my hand was affecting what I could do. My hand would become numb and I had to wear a brace all the time. I had been putting off the carpal tunnel surgery because I needed to be able to use my hand. When my daughter had both of her hands done about ten years ago, it was a pretty intense procedure and it took six weeks before she could use her hands again. Dr. Wei performed my procedure and it's been fantastic. The only discomfort I felt was the injection to numb the area. It's been about a week since I had this done, and although I feel a few occasional twinges of pain and have a little bruising, I have no real pain. This procedure is amazing, and I hope more people will consider this procedure."

Vesta Myers from Williamsport, Maryland had her procedure done on June 3<sup>rd</sup> this year. She says, "I woke up on a Friday morning with intense pain and numbness throughout my arm and hand. It felt like someone put a tourniquet on and didn't release it. I saw Dr. Wei on the following Monday and he diagnosed me with carpal tunnel syndrome. He told me about the new procedure that didn't involve surgery and a long recovery period. I was a little skeptical because I wasn't sure what to expect. He asked that I have a test for carpal tunnel syndrome, and when the diagnosis was verified, an appointment was made for the following day for him to perform the procedure. It took little less than one hour and didn't require anesthesia, or an incision. I felt relief almost immediately. It's been only one week and I feel amazing! His approach far outweighed the complexities of traditional carpal tunnel surgery and if I had to do it again, this would be the procedure of choice." Vesta Myers – Williamsport, Maryland

Leslie Williams from Frederick, Maryland says, "I have been suffering with carpal tunnel for almost twelve years. I was scheduled for surgery about 7 years ago, and I kept putting it off and having cortisone injections instead. I am raising two grandchildren and I have RA... I couldn't continue to live with this pain. During my recent visit, Dr. Wei mentioned a new procedure that would provide relief at that visit... I decided to have it

done. They numbed my wrist and performed the procedure. I had instantaneous relief. It was nothing short of miraculous! I took it easy for 2-3 days, and was able to resume the tasks that were excruciatingly painful to do before. I am actually looking forward to having the other wrist done."

To find out if you can benefit from this procedure, please call us at 301-694-5800.



### Corn, Avocado, and Tomato Salad

Here's a colorful medley that makes a delicious summer dish. You can serve it as a salad or call it a chunky dip and scoop it up with tortilla chips.

- 2 Tablespoons olive oil
- 1 Tablespoon fresh lime juice
- ¼ cup chopped cilantro
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 ½ cups fresh corn kernels (about 5 ears)
- 1 ½ cups diced avocado (1/2 inch pieces)
- 1 pint cherry tomatoes, quartered
- ½ cup finely diced red onion

In a large bowl, whisk together the olive oil, lime juice, cilantro, salt, and pepper.

Add the corn, avocado, tomatoes, and onion and toss to mix. Serve at room temperature. Serves 4-6.

### Worried about mold in your home?

Conquering mold is all about venting and sealing. Get rid of the moisture and you've banished your mold problem. Here are a few tips to help you handle any pesky molds.

**Windows/Doors/Siding** – Inspect and re-caulk siding, windows, utility penetrations and doors. Place a foam backer rod in seams more than 1/2 inch wide or 1/4 inch deep. Check that the weather-stripping around doors and windows seals tightly to prevent moisture from entering. Inspect stucco and brick surfaces for cracked mortar; patch kits can be purchased from a hardware store. Keep a minimum six inches of clearance between the siding and the ground.

**Drainage** – Make sure that perimeter ground slopes away from the foundation. If downspouts dead-end near the foundation, add splash blocks to redirect water away from the foundation. Inspect the outdoor deck connection to the house. This is a major source of water intrusion that often goes unnoticed. This connection should be flashed and have sufficient

space between the ledger board and the deck boards to allow drainage away from the house.

**Attic** – Look for water stains on the underside of the roof, rusted nails and discolored moldy sections on any surface. If you find any of these moisture warning signs, look for the source of the moisture. This could be a faulty vent that isn't directing air to the outside. Also check that there is room for air to flow from the eaves (soffit vents) into the attic space and out the upper roof vents.

**Kitchen/Bath** – Inspect plumbing fixtures, paying particular attention to areas under sinks and toilets and around shower and tub enclosures. Look for stains, cracks, and mold on caulk. Repair as necessary.

**Basement** – Check your basement and crawlspace for moisture problems: standing water, mold on floor joists or rust on metal fasteners. Replace loose or missing batt insulation. If crawlspace is not insulated, install a 6-millimeter polyethylene vapor barrier over exposed ground. If you find serious moisture damage or standing water in either the crawlspace or basement, call a contractor to repair and correct the source of the problem.

**Gutters/Downspouts** – Clean gutters with a blower, hose or broom. Using a hose will help pinpoint leaks and other trouble spots. Use gutter cement on cracks, or replace the gutter sections according to the manufacturer's instructions. Replace rusted screws and make sure downspouts drain away from the house.

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## Ocean Facts

Did you know...?

**Sharks attack** some 50-75 people each year worldwide, with about 8-12 fatalities. Although shark attacks get a lot of attention, this is far less than the number of people killed each year by elephants, bees, crocodiles, lightning or many other natural dangers. On the other side of the ledger, we kill somewhere between 20-100 million sharks every year through fishing activities.

Of the **350 or so shark species**, about 80% grow to less than 1.6 m and are unable to hurt people or rarely encounter people. Only 32 species have been documented in attacks on humans, and an additional 36 species are considered potentially dangerous.



An estimated **50-80% of all life on earth** is found under the ocean surface and the oceans contain **99% of the living space** on the planet. **Less than 10% of that space has been explored** by humans. 85% of the area and 90% of the volume constitute the dark, cold environment we call the deep sea. The **average depth of the ocean** is 3,795 m. The average height of the land is 840 m.

The **oceans cover 71% of the Earth's surface** and contain **97% of the Earth's water**. Less than 1% is fresh water, and 2-3% is contained in glaciers and ice caps.

**90% of all volcanic activity** occurs in the oceans.

The **speed of sound in water** is 1,435 m/sec - nearly five times faster than the speed of sound in air.

The **highest tides in the world** are at the Bay of Fundy, which separates New Brunswick from Nova Scotia. At some times of the year the difference between high and low tide is 16.3 m, taller than a three-story building.

**Earth's longest mountain range** is the Mid-Ocean Ridge more than 50,000 km in length, which winds around the globe from the Arctic Ocean to the Atlantic, skirting Africa, Asia and Australia, and crossing the Pacific to the west coast of North America. It is four times longer than the Andes, Rockies, and Himalayas combined.

The **pressure at the deepest point in the ocean** is more than 11,318 tons/sq m, or the equivalent of one person trying to support 50 jumbo jets.

The top ten feet of the ocean hold **as much heat as the entire atmosphere**.

The **lowest known point on Earth**, called the Challenger Deep, is [11,034](#) m deep, in the Marianas Trench in the western Pacific. To get an idea of how deep that is, if you could take Mt. Everest and place it at the bottom of the trench there would still be over a mile of ocean above it. The Dead Sea is the Earth's lowest land point with an elevation of [396](#) m below sea level.

Undersea earthquakes, volcanoes and landslides can cause **tsunamis** (Japanese word meaning "harbor wave"), or seismic sea waves. The **largest recorded tsunami** measured 60 m above sea level caused by an 8.9 magnitude earthquake in the Gulf of Alaska in 1899 traveling at hundreds of km/hr.

The **Pacific Ocean**, the world's largest water body, occupies a third of the Earth's surface. The **Pacific contains about 25,000 islands** (more than the total number in the rest of the world's oceans combined), almost all of which are found south of the equator. The Pacific covers an area of [179.7 million sq km](#).

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*Hi Readers... We're one month closer in finding out what the big secret is... Dr. Wei continues to work on a mysteriously big project regarding stem cells. Although I'm not quite sure what it will involve, we are seeing proof that stem cell therapy works! Keep your eyes open in the next few newsletters because we're working on exposing this hush-hush project.*

*M*

## ***Wei's World***

Stood up again!!

Ever been stood up? You know... you have an appointment, generally a date, and the person doesn't show up? Boy... does it hurt. The first time was in college. And I have to admit, the girl probably did the right thing because I was a total dork.

The second two times happened when I was a medical resident physician at the University of Michigan Medical Center in Ann Arbor.

You know how it is, or maybe you don't. For a guy, this is the drill: You're anticipating and wondering what it will be like to go out with somebody new. You're excited... probably nervous too. The day comes and you shower, use deodorant, put on some nice clothes, check yourself out in the mirror, pose a little, hop in the car and go out to meet the girl.

Now when the girl doesn't show, you think, well maybe she's just late, maybe she got lost, is this the right place, the right time, the right date? Then after a while it dawns on you. You've been stood up!

It just happened to me again. I was supposed to be on TV to talk about fibromyalgia. The film crew from NBC was scheduled to show up at 8:30 AM sharp and be done by about 9. So, 8:30 comes and goes. Then 9. And we make some calls. Well, it turns out that another more newsworthy event took place and the crew went to film that. I don't remember what it was but I think either Miss Maryland was chowing down on a burrito from the dollar menu at the Route 40 McDonalds or some prize pony escaped on the highway...

Did I get flashbacks to my earlier young manhood? Sure I did. But, I have to be philosophical about it. I had many more dates that showed up than didn't. And another TV opportunity will come along sometime and maybe the crew will show up next time. That would be nice.