



Arthritis Treatment Center Newsletter July 2011

You see things and you say, "Why?" But I dream things that never were, and I say, "Why Not?"  
George Bernard Shaw

## Discover How This Lucky Teacher Controls Her RA!!

In 1993 the legal-thriller, the Pelican Brief, was the movie to see. Elizabeth Sander was fortunate to be part of its making as an extra. You can find her in the White House sequence playing the part of a gun protestor. She says, "I have a new found respect for how movies are made." Although this encounter to fame was short yet exciting... she means so much more to her family and to our future generations.

Ms. Sander is a single mother to twin boys and their beloved black lab, manages a large 2 acre home, and works full time as a teacher for the Montgomery County public school system. She started off her 21 year career teaching 2<sup>nd</sup> and 3<sup>rd</sup> graders. She now teaches English as a second language (ESOL) to children whose primary language is not English.

Elizabeth Sander grew up in Damascus, Maryland on a 60 acre family farm, which at one time was a thriving dairy and crop farm. This provided her the opportunity to be involved in the 4-H. Later, she completed degrees in education at Towson State University and Johns Hopkins University.

In whatever spare time she has left, she enjoys cooking, reading, gardening, and hiking up Sugarloaf Mountain with her sons. She has the uncanny talent of finding four

leaf clovers and she especially looks forward to her summer holidays at Deep Creek Lake in Western Maryland with her mother and two sons.

Elizabeth Sander was diagnosed with rheumatoid arthritis at the age of 17. Arthritis was prevalent on her mother's side of the family, but both of her parents were not diagnosed with arthritis until long after her initial diagnosis. She was initially referred to NIH for follow up by her family doctor. It was

there that she was referred to Dr. Wei for her care. Sander says, "Living with rheumatoid arthritis has made me a stronger person. It has helped me get through the tough times. I've had two knee replacements and one foot reconstruction." She adds, "There is never a dull moment, but I don't let my disease keep me down. Right now, my disease is controlled and my kids

challenge me to keep up with their latest projects and activities."



Deep Creek Lake 2010  
Elizabeth Sander with her sons, Cody (L) and Corbin (R)

Effective immediately, we will be ordering and administering annual PPD's (TB skin tests) to all patients who are taking a biologic (i.e. Enbrel, Humira, Remicade, Rituxan, Cimzia, etc...).

## **PATRIOTIC BERRY TRIFLE**

**SUNNY ANDERSON – FOOD NETWORK MAGAZINE**

Total Time: 35 min  
Prep 35 min  
Yield: 8-10 servings



### Ingredients

- 1/4 cup plus 2/3 cup sugar
- 1/4 cup fresh lemon juice
- 1/4 teaspoon almond extract
- 1 premade angel food cake, cut into 1-inch slices
- 1 pound cream cheese, at room temperature
- 2 cups heavy cream, at room temperature
- 2 pints blueberries
- 2 pints strawberries, hulled and sliced

### Directions

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract.

Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.

Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.

### **How to Get Rid and Prevent Stink Bugs In The House**

[www.stinkbugsguide.com](http://www.stinkbugsguide.com)

Taking preventive measures could mean the difference between having one or two stink bugs or a few hundred infesting a house. Before summer begins, people should make sure their houses are seal-proof ready against the invasive stink bugs.

Walk around the house and seal any cracks or holes in the exterior with caulk. Make sure all windows are able to close and seal completely. Stink bugs are known for getting into houses through any hole left unprotected especially from the attic or through the air conditioner. Window air conditioning units should be removed and the windows closed if stink bugs are seen in excess outside. Stink bugs are attracted to light, so

turning off any extra house lights can help prevent attracting these invasive bugs to a home.

Of course, sometimes even with the best line of defense, some of these stinky bugs will still find a way into a house. If they are spotted inside, there are ways to remove them.

The first is using the vacuum cleaner to suck them up. By using the vacuum you can avoid crushing the bugs and allow for easy disposal. Disposing of the collected stink bugs quickly and properly is key to removing them from a house. Do not leave a bag full of squashed stink pests around the house as the decaying bug bodies will attract other bugs into the house!

Another method, for the not so squeamish, is to simply pick up the bugs during the morning hours. The bugs will be slow and lethargic. Placing the bugs into a stink bug trap (a steep sided container partly filled with soapy water) allows for easy disposal without any stink. Using sticky tape is another way to get rid of stink bugs.

For those who are willing to use chemicals, exterminators can help. There are pesticides such as cypermethrin and pyrethroid based insecticides that are used to deter stink bugs as well as some to kill them once an infestation occurs. A multi-purpose insecticide called [Talstar Pro](#) comes highly recommended especially for the prevention and extermination of stink bugs inside and around the outside of the house.

### **Flag Facts**

[www.oldereducator.com](http://www.oldereducator.com)

- Betsy Ross sewed the first American flag. It is not clear who actually designed it, but the experts at the Betsy Ross House suggest it was Francis Hopkinson, a New Jersey delegate to the Continental Congress and a signer of the Declaration of Independence.
- The flag has 13 stripes representing the original 13 colonies (7 red and 6 white). In the upper left corner is a navy blue field with 50 white stars that represents the states.
- There is no official designation or meaning for the colors of the flag.
- There is no record stating why red, white, and blue were chosen for the flag. However, when the Great Seal of the United States was chosen this is what was listed for them: white for purity and innocence, red for valor and hardiness, and blue for vigilance, perseverance, and justice.
- Folktales says that George Washington interpreted the flag in this way: the stars were taken from the sky, the red from the British colors, and the white stripes signified the secession from the home country.

- If the flag is flown upside down it signals distress. It means "I need help, I'm in trouble."
- Worn out flags are destroyed, usually by burning.
- When flown at half-staff, the flag is raised to the top of the flag pole then lowered to half-staff. When taken down, the flag is again raised to the top and then brought down.
- A flag is flown from dawn to dusk. However, it may be flown for 24 hours if illuminated during the hours of darkness.
- The flag should never touch the ground, the floor, or water.

### Sun Sensitivity Can Be Side Effect of Some Medications

#### What Should Sun Sensitive People Know?

By Carol Eustice , About.com Guide

#### What is Photosensitivity?

Photosensitivity is a skin reaction (i.e. rash) that occurs after exposure to ultraviolet (UV) radiation from the sun or an artificial light source. Photosensitivity can be caused by various agents, including drugs, perfume, cosmetics, and even the sunscreen that is meant to protect your skin. It is estimated that 1 in 100 people show some signs of photosensitivity.

The condition can occur even after brief exposure to sunlight in both warm and cold weather. Some people continue to be sensitive to sunlight for a long time after discontinuing use of the offending medication or lotion.

#### What are Phototoxic Reactions?

Reactions can be phototoxic or photo-allergic. Phototoxic reactions account for 95 percent of all cases of photosensitivity. They occur as a result of ingesting certain drugs, and their incidence and severity have been directly linked to the drug dosage and amount of UV exposure.

In a phototoxic reaction, drug molecules absorb the energy of a specific UV wavelength, which causes the molecule to undergo a chemical change and emit energy that damages surrounding tissues.

The reaction is often immediate. It usually occurs after the first dose and within 24 hours of taking the drug and being exposed to the sun. Symptoms include areas of severe redness on the areas of the skin exposed to light - an exaggerated sunburn with severe tenderness.

#### Preventative Measures and Recommendations

If you are taking any of the drugs thought to cause photosensitivity, your best bet is to avoid sun exposure. If you must venture outside, minimize your exposure in terms of duration, time of day, and what you wear.

Light-colored clothing, long-sleeved shirts, long pants or skirts, sunglasses, a sunscreen that is rated SPF-15 or higher, and a wide-brimmed hat are important protection, but they will not totally block UV radiation.

Sunscreens containing physical blockers such as zinc oxide and/or titanium dioxide are recommended as a preventative measure against sun sensitivity.

#### Drugs Associated with Photosensitivity Reactions

##### Antibiotics

- ~ Floxin
- ~ Tetracycline
- ~ Minocycline
- ~ Doxycycline (Vibramycin and others)

##### Disease-Modifying Agents (to treat rheumatoid arthritis and lupus)

- ~ Dapsone
- ~ Methotrexate
- ~ Sulfasalazine (Azulfidine)
- ~ Gold
- ~ Hydroxychloroquine (plaquenil)

##### NSAIDs

- ~ Piroxicam (Feldene)
- ~ Naproxen and others
- ~ Ibuprofen (less likely)

Rena Yorkowski has been working at the Arthritis Treatment Center as one of our front office assistants for one year. She says, "I am very happy here. The patients and my co-workers make it a pleasure to walk in the doors each day." Rena grew up in New Hampshire and lived in the New England area, until she moved to Maryland in 2000. Rena currently lives in Boonsboro with her husband and 8 year old daughter.

After working in the hospitality industry, she decided she wanted a career change. She had always wanted to work in the medical field. Originally, she went to school for Occupational Therapy but didn't get the chance to finish her degree. She adds, "I have learned a great deal while working for Dr. Wei and am grateful for the opportunity."

### Joint Food

*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.



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.

***You too can experience improved joint function and pain relief by taking Joint Food. Purchase a two month supply for \$71. Save \$20***

**Call our product specialist at 301-694-5800 for more information.**

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[www.arthritistreatmentcenter.com](http://www.arthritistreatmentcenter.com)

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ADDRESS SERVICE REQUESTED

The Arthritis Treatment Center is currently looking for volunteers to participate in a clinical research study for rheumatoid arthritis (RA). If you have diagnosed with RA and are taking DMARD therapy, you may be eligible. Eligible participants will receive study visits, lab visits, and procedure visits at no cost. You will be compensated for time and travel. Contact us at 888-71-STUDY to find out if you qualify.

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

I recently attended a farewell dinner for Dr. Paul Plotz. Paul is one of the foremost researchers in the arthritis division at the National Institutes of Health and he supervised my fellowship. After a long and distinguished career, he had decided to "hang it up"... so to speak.

When I arrived for fellowship at the NIH in 1979, I was full of vim and vigor and ready to test myself against the world. It was Paul who introduced me to the insular environment of the NIH. He tried to determine what my interests were and what my strengths and weaknesses (of which there were many) were. He then tried to put me in the situations that best utilized my strengths and minimized my weaknesses. Believe me, this was no small feat!

For two years I toiled as a fellow taking care of very sick patients while also trying to decipher the scientific clues each patient presented to us. The NIH is a research facility and the patients are all there to participate in clinical trials. They come from all over the world seeking help when conventional therapies have failed. That made it both easy and hard for fellows. We understood that the patients were voluntarily participating in studies... but at the same time we understood that they were placing their trust in our hands. It was a burden of responsibility that we took very seriously.

After I left the NIH and went into private practice, I continued to stay in contact with Paul. He was always more than willing to answer my questions, volunteer for talks in my community, offer advice on scientific presentations, and even recently helped one of my sons secure a summer position in a laboratory.

Paul is a rare individual who knows something about everything. He is truly a Renaissance man. And someone who has occupied a space in my world as a figure larger than life. He readily admits he isn't perfect... but he is one of my heroes.

Goodness flows from the heart. It can't be faked, which is why I try to emulate people like Paul. At the dinner I talked with his sons. The very first time I saw them, they were boys playing ball in the street. Now they are distinguished adults and well known in their respective fields. It's clear they are chips off the old block.

At the dinner, I sat with some other people who had also been fellows under Paul. We swapped war stories and marveled when we all came to the same conclusion, one which Paul elegantly described in his farewell speech: despite the plans we may make in life, often times, it is serendipity that determines our future. More than one of us "fell into" the arthritis field. Chance? Perhaps. But maybe something else. In any event, the torch has been clearly passed to us and we'll keep it going.