



AOC Monthly Newsletter – March 2008

Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul. **Democritus**

75 year Old Retired Army Man finds answer for Osteoarthritis Pain!!

Richard Moebius is 75 years old. He is a retired Army Sergeant who is still trim enough to wear his uniform. He is a husband who has been in love with his wife, Sun Nyo, for more than 40 years, and is the father of three wonderful daughters and one terrific grandson, Aleks, whom he has raised since his daughter died at age 28. And, he is also the son of German immigrants who settled in the Wisconsin area. In March 2007, Mr. Moebius became a volunteer in an osteoarthritis research study at the Arthritis and Osteoporosis Center of Maryland.

In his 20's Mr. Moebius was in the Korean War, assigned to a mountain infantry unit, and he did a lot of mountain climbing and skiing. These activities put severe wear and tear on his joints. It was during this time that he first began to experience osteoarthritis aches and pains in his knees. He mentions, "It was also during this time when I met my wife who had been orphaned by the war." When he retired from the Army in 1984, he began an excavating business and drove heavy machinery, which again put much stress on his joints. Mr. Moebius recalls, "I noticed that my joints ached and it was harder to get in and out of bulldozers. Last winter, I couldn't even get up off the floor, I was in complete agony—I knew I needed relief." Mr. Moebius also says, "The pain I was in didn't even compare with any pain I experienced while being in the Army."

Through a referral of a friend, he was introduced to Dr. Wei and was invited to participate in a clinical research study. "I am so thankful that I am in a study, I feel good." says Mr. Moebius (as he dances around the exam room moving all of his arms and legs). He

continues, "I've also met so many good people!"

Mr. Moebius states, "The study that I am participating in is providing me with an FDA approved drug and there is no placebo. I don't know what I'm getting, but I know I feel better because I am able to ride my motorcycle and I can climb up into a bulldozer now—thanks to the Arthritis and Osteoporosis Center of Maryland." He continues, "I know that I will never quit working, so I need to feel my best. When you're in pain everyday you're not as concerned about potential side effects. The AOC staff takes really good care of me and work with my schedule." Mr. Moebius also says, "My insurance will not pay for my medicines, so by participating in a study I get them for free!"

He concludes by offering these words of encouragement, "So, if you're driving down the road and have to stop suddenly to avoid collision... you have two options: hit the car, or look for some place to go so you can avoid the collision. I looked for a place to go... participation in a clinical research study."

AOC is going Mad in March!

During the month of March refer someone you think can benefit from one of our research studies.

If they schedule a screening visit to qualify, you will earn

\$50 Cash!!

Plus, if you happen to be the one who refers the most patients, you could win a:

\$500 Visa Gift Card

**Contact our research team at:
301-624-1164.**

Lance Armstrong Team Rides for Clinical Trials

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Lance Armstrong leads the Tour of Hope team on a nine-day cross-country ride starting Sept. 29 in San Diego and ending Oct. 8 in Washington D.C.

Seven-time Tour de France winner Lance Armstrong rides across America this fall - not for sport, but for a cause - to forward cancer research by promoting increased participation in clinical trials.

Armstrong and his 24 teammates, all of whom have been touched by cancer, represent the Bristol-Myers Squibb Tour of Hope™, a team dedicated to boosting low clinical trial participation nationwide by raising public awareness. A testicular cancer survivor, Armstrong explains the reason for his involvement in the ride on the Tour of Hope website.

"Although I did not participate in a study, I benefited from the hundreds of patients before me who enrolled in clinical trials to find a cure for this once-deadly form of cancer," Armstrong says. That's a powerful statement, says Maurie Markman, M.D., vice president for clinical research at M. D. Anderson, which is one of several stops on the national ride. "Lance is saying thank you to patients from 10 or 20 years ago, and he's saying that patients of today can get involved in trials that will help themselves as well as help generations of cancer patients to come."

The need for speed felt, but patient safety is first - The challenge of increasing trial participation is great. Of the 1.3 million Americans diagnosed with cancer (of all types) each year, only about 3% participate

in clinical trials, Markman says: "If only 3% of our population continues to participate in clinical research trials, that's going to slow down our ability to gather critical information to help the next generation of cancer patients."

Pedaling uphill: the obstacles to clinical trial participation - Markman lists three obstacles to increase participation:

Sponsorship- A large cancer institution, like M. D. Anderson, can provide hundreds of different therapeutic trials at one time, but many community cancer institutions may not be able to sponsor a trial because their patient population is smaller and only a small subset qualifies for a particular study.

Also, because fewer doctors coming out of medical schools are interested in becoming clinical investigators due to time, effort, and cost associated with regulatory requirements, Markman says. "That means fewer opportunities for patients to participate."

Poor health of potential participants- "Often, trials have protective criteria statements that may exclude patients with comorbidity (other diseases in addition to cancer)," Markman explains. "While these criteria protect patients as well as the integrity of studies, they eliminate many potential candidates."

Misconceptions about clinical trials- Perhaps the greatest challenge, misconceptions about clinical trials, can cause patients and their families to be less reluctant about enrolling. "I think patients, particularly elderly patients, have the mistaken view that it is hard to participate in clinical trials, that trials are not covered by insurance, or that their cancer has to be terminal to qualify," Markman says. "These are myths that are simply untrue, and I think events like the Tour of Hope will go a long way to educating the public about the truth and the benefits of cancer research."

Cancer treatment victories happen now as well as later - While many consider that the only purpose of research is to help future generations of patients, Markman says he believes strongly that current patients can benefit directly from clinical trials. "Many of our trials are the best form of cancer therapy available, using the latest technology and information we have at the moment," he says. "Sometimes trials are the only form of treatment left because patients have failed standard therapies. It's a two-part process, offering hope to patients today and gathering information that will help future generations, he says. "While Mr. Armstrong did not participate directly in a clinical trial himself, he knows he's alive today because of the research that was done in the past. The exciting news is that while Mr. Armstrong is obviously an incredibly exceptional human being, what happened with his treatment was not the exception today. Because of the advances in treating testicular cancer, someone was able to say to him, 'you've got a real shot at beating this,' and now he wants to benefit future generations of cancer patients by getting the word out to support clinical trials."

AOC is still collecting recipes that will be added to our summer cookbook available in June 2008. AOC staff and patients are invited to contribute. All proceeds will go to the Arthritis Research Institute (ARI).

Recipes can be emailed to aocadmin@aocm.org, faxed (301-694-0187), or mailed. Call Sherrie at 301-624-1163 or stop by our check-out desk to get your submission form.

Whole Wheat, Oatmeal, and Raisin Muffins...



With four whole grains and three dried fruits, these muffins are a great way to get a variety of antioxidants and fiber. Wheat germ is a good source of vitamin E. Look for untoasted wheat germ in the organic food section of the supermarket. Adding boiling water to the batter and

allowing it to sit for 15 minutes before baking allows the hearty oats, wheat germ, and bran to soak up the liquid for a more tender muffin.

Ingredients

1 cup whole wheat flour (about 4 3/4 ounces)
2 tablespoons untoasted wheat germ
1 1/2 cups quick-cooking oats
1/4 cup packed brown sugar
1/3 cup chopped pitted dates
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/3 cup dried cranberries
1 cup low-fat buttermilk
1 teaspoon vanilla extract
1/2 cup boiling water
2 tablespoons wheat bran
1/4 cup granulated sugar
1 large egg, lightly beaten
1/3 cup raisins
1/4 cup canola oil
1/2 teaspoon salt
Cooking spray

Note: if you can't find wheat germ, use flax seed.

Preparation

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 7 ingredients (through salt) in a large bowl, stirring with a whisk. Stir in oats, dates, raisins, and cranberries. Make a well in center of mixture. Combine buttermilk, oil, vanilla, and egg; add to flour mixture, stirring just until moist. Stir in boiling water. Let batter stand 15 minutes.

Preheat oven to 375°.

Spoon batter into 12 muffin cups coated with cooking spray. Bake at 375° for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack.

Yield: 12 servings (serving size: 1 muffin)

Nutritional Information

CALORIES 204(28% from fat); FAT 6.4g (sat 0.8g,mono 3.2g,poly 1.8g); PROTEIN 4.6g; CHOLESTEROL 19mg; CALCIUM 43mg; SODIUM 288mg; FIBER 3.4g; IRON 1.4mg; CARBOHYDRATE 34.7g



How do Snowflakes Form?

(Lansing State Journal, October 8, 1997)

It turns out that "pure" snow is made up of snowflakes which are made up of from two to 200 separate snow crystals. Snow crystals are crystals that have formed around tiny bits of dirt that have been carried up into the atmosphere by the wind. So snow crystals are really soil particles that have been dressed up in ice.

Scientists think that there are really four different shapes of snow crystals. The simplest shape is a long needle shaped like a spike. The other shapes all have six sides. One of them is a

long, hollow column that is shaped like a six-sided prism. There are also thin, flat six-sided plates. And lastly there are intricate, six-pointed stars.

The shape that a snow crystal will take is dependent upon the temperature at which it was formed. The temperature in the highest clouds is around -30°F and they are made up exclusively of ice crystal columns. The other three shapes are formed in a narrow temperature range. When the temperature in the clouds is 3° to 10°F the star shaped crystals form. From 10°-18°F the plates form, and from 18°-23°F columns form. From 23°-27°F needles form and from 27°-32°F the plates reappear. As the snow crystals grow they become heavier and fall towards Earth. If they spin like tops as they fall then they may be perfectly symmetrical when they hit the Earth. But if they fall in a sideways fashion then they end up lopsided. Falling snow crystals clump together forming snowflakes. Each snowflake is made up of from two to about 200 separate crystals.

Who Says Vegetables Have To Be Boring?

Eat your veggies - especially your lettuce. But don't confine yourself to iceberg lettuce or salads! Darker greens have about the same number of calories and carbs -very low! - but pack a lot more punch in the vitamins and other nutrient categories. By substituting radicchio, watercress, escarole or spinach for the iceberg lettuce, you add vitamin C, riboflavin's, manganese and other essential vitamins that aren't present in lettuce. Try them braised, steamed or grilled for something a little different from the usual salad.

Shopping for a Mattress?

by: Neil Teasdale

Consumers are looking for the latest and greatest on the market except when shopping for a mattress. It still seems that people are drawn to the 'same old same old' one mattress fits all coils and springs. The shock comes when you actually price mattresses. To get a top quality coils and springs mattress you have to pay between \$1500US - \$3000US to get the comfort levels you want and then you are still really buying an expensive foundation with a memory foam pillow top, which is what is providing the comfort you feel. For example, if you spend \$2000US, you now own a 100lb wooden box filled with coils and springs and what sold you was the \$200US pillow top.

Take the time to really see what options are out there. You will find so many other choices that take advantage of our newest technology at not only half the price but provide a much healthier environment for you to sleep. All the new types of mattresses are specifically designed sleep systems that provide the right support to minimize pressure to acceptable levels for different body types and sleeping postures, maintaining back and spine alignment.

Coils and springs mattresses' claim that the coils work independently so when you move, your partner doesn't. How much does that matter if you're not comfortable and you wake up tired and stiff?

There are four different types of new technology sleep systems that are very affordable and provide many health and convenient benefits compared to coils and springs.

1) Air Mattress Beds - Air Mattress Beds cradle and cushion your body, providing more even weight distribution without the poking and prodding possible from a standard coil spring mattress. Easy to use handheld controls and a state of the art ultra-quiet air inflation system allow each sleeper to quickly adjust the firmness of their side of the air bed to the perfect comfort level, with just the touch of a button.

2) Adjustable Beds - With the touch of a button, adjustable beds move into hundreds of relaxing positions. All without creating pressure, stress or strain on your body. Touch a button again and experience a new concept in comfort, while your own personal massage system helps to relieve tired, sore muscles, and reduce everyday tension and fatigue.

3) Latex Beds - Latex mattresses provide the most comfortable sleep surface in the world. Already immensely popular in Europe, Latex Mattresses are beginning to boom here in the United States. The Talalay Process produces the highest quality, most resilient and consistent latex foam in the industry. Its consistent cell structure and exact density result in the most even firmness and feel possible.

4) Memory Foam Beds - Visco Elastic Memory Foam Mattresses utilize amazing, space age and NASA developed Visco Elastic Memory Foam. Visco Elastic Memory Foam is temperature sensitive. It actually reacts to the heat produced by your body, conforming to your body in a way no other material can. Where your body is making the most contact with the memory foam, the foam reacts and becomes softer. Where your body is making less contact, the foam stays cooler and remains more firm. The result is pressure being evenly distributed throughout the sleeper's body, leading to fewer pressure points and a more restorative sleep.

All of these new age sleep systems can be purchased for a fraction of what a coils and springs mattress goes for and depending on the mattress, you can adjust the foam layers to personalize your comfort level as you please. Don't forget about the many major sleep benefits from all the sleep system technology. If you have to purchase a mattress or sleep system, check these out, not only for your health but for your pocketbook too!

Tips For Maintaining Your Furnace!

No matter what the age of your furnace, you can improve energy efficiency by keeping it in good working order.

Change or clean your furnace filter - Check the filter regularly. Dust and dirt can work their way into the blower and coil assemblies, reducing the furnace's operating efficiency and eventually damaging the motor. Heating technicians say more than half their calls are caused by simple dust and dirt clogging up motor parts! Most dealers recommended changing disposable filters once a month.

Clear outdoor exhaust vents - During the winter, be sure to clear snow and ice away from the intake and exhaust vents outdoors. If the vents become blocked, dangerous carbon monoxide fumes can back up into the house, and the furnace could shut down.

Schedule an annual tune-up - An annual checkup by a service technician is also a good idea - especially if you have a natural gas system. An annual tune-up can reduce your heating costs by five percent.

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Scott Alan Morrison, P.A.
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Today, with nursing homes costing \$6,000 a month, you must plan ahead. As Elder Law Attorneys, we can show you how to protect your assets from nursing homes, probate fees and estate taxes. Even with a relative in a nursing home now, assets can still be protected. Call today for a free consultation. We can help!

We are committed to serving seniors and their families in the following areas:

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Wei's World

What does it take to be a doctor? That's a question most people never think about. It really isn't brought up much like the economy or the weather. But for those of you who are curious, let me let you in on my experience. After high school, it was four years of college, then four years of medical school, one year of internship, three years of residency, and then two years of fellowship training in arthritis.

For those of you who are counting, that's about 14 years after high school. During that time you eat badly because you either can't afford good food or you don't have time for it. Close relationships often head south (50 percent of my residency class who were married were divorced by the end of three years), and you owe a ton of money in loans. Now, most people won't do it because it isn't the easiest row to hoe. And... that's without all the irritations like Medicare, insurance companies, and malpractice stuff to take into account. But those of us who felt that maybe medicine- the chance to help people and make a difference in the world- might be worth it, have done it. After 27 years of practice, I think it was a good choice for me.

A lot of patients whom I saw in my first year of practice are still with me. When people tell me how my staff and I have made a difference in their lives for the better, it's priceless.



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The staff at AOC of Maryland welcomes the opportunity to meet our patients' friends and family through our "Gift of Health" program. This program allows our patients to give someone they know a gift of a complimentary evaluation with the rheumatologist at AOC. Through this program, we have successfully guided friends and family on the right path to a healthy lifestyle! If we can help someone you care about, please call us at 301-694-5800 to schedule an appointment or ask about our "Gift of Health" program.