



AOC Monthly Newsletter –November/December 2007

"How wonderful it is that nobody need wait a single moment before starting to improve the world." Helen Frank.

Does massage treatment work for Arthritis?

By Marcy Dinant

BOSTON, MA—Because of the potential side effects of prescription medicines and complications related to surgery, it makes sense for arthritis sufferers to look for more natural approaches to relieve symptoms. Massage therapy may fit the bill.

The benefits of massage therapy for various medical problems have been described in writings as early as the second century B.C. In fact, the father of medicine, Hippocrates, touted the benefits of rubbing a joint to ease arthritis pain.

Practitioners agree that while massage therapy cannot cure or stop arthritis progression, it can ease the symptoms of pain and inflammation and improve the quality of life.

Benefits of massage include:

- Increase in joint flexibility, mobility, and range of motion
- Decrease in pain and inflammation
- Reduction in muscle aches and stiffness
- Enhanced sense of wellness
- Improvement in immune function
- Improvement in posture
- Enhanced circulation

And last but not least...

- Relief of stress!

The American Massage Therapy Association noted that 47% of people polled in a recent survey used massage therapy to relieve and manage pain related to arthritis. 91% of those who engaged in massage therapy had significant pain relief.

So what types of arthritis does massage help?

Surprisingly, four very common types have scientific data backing the use of massage. These include fibromyalgia, rheumatoid arthritis, osteoarthritis, and back pain.

In a five-week study, 20 adults with fibromyalgia received either massage therapy or relaxation therapy twice weekly. The massage was a combination of Swedish, Shiatsu, and Trager, all using moderate pressure.

The massage group showed a decrease in anxiety and depressed mood and also reported an increase in hours of sleep, as well as, lower levels of the chemical messenger for pain -- called "substance P." (*Sunshine, W, et al. Journal of Clinical Rheumatology. 1996; 2: 18-22.*)

Back pain is another common medical condition seen in an arthritis practice.

In two studies, massage was shown to lessen lower back pain as well as depression and anxiety. It also led to improved sleep. [*Hernandez-Reif M, et al. International Journal of Neuroscience. 2001; 106, 131-145; Preyda M. CMAJ. 2000; 162 (13): 1815-20.*]

Rheumatoid arthritis is a common disease process that also can be helped symptomatically with massage. [*Field T et al. J Pediatr Psychol. 1997; 22 (5):607-617; Katz W A. American Journal of Lifestyle Medicine. 2007; 1(4): 249-255; Ernst E. Fortschr Med. 1990; 108 (7):117-20.*]

And, osteoarthritis, the most common type of arthritis has also been shown to be relieved with massage therapy. [*Wright A, Shuka KA. Clinical Journal of Pain 2001;17 (1):33-46.*]

The upshot is that massage therapy is a safe, effective, and non-invasive method for relieving many common types of arthritis related pain.



We caught Dr. Wei...sleeping in between appointments in the HT-125!

Anti-arthritis pain technology breakthrough...

"How to get soothing relief from pain and stress whenever you want... it's like having a massage therapist at your beck and call!"

Ever have a bad day when every muscle and joint in your body is screaming at you? And you wished there were something that could help right away?

Well... there is and it's as simple and easy as picking up your phone to make a call. That's all it takes to order your HT-125, the computerized therapeutic total-body massage unit designed for the arthritis sufferer and proven effective in the toughest lab in the world: the home.

It's so effective that doctors specializing in musculoskeletal disorders refer to the HT-125 as the "Arthritis Reliever."

Shaped like an easy chair, the HT-125 is designed to follow the natural contour of your body. It is the most advanced system created to simulate techniques used by the best massage therapists and chiropractors.

The easy-to-use control panel allows you to tell the "robot" exactly what you need...from the ergonomic neck support to the rotating foot and calf massage. You customize each movement to your own preference!

This unique total body robot massage unit includes:

- A quad roller and three motors permit a complete body treatment.
- An ingenious design combines gentle stretching with active massage of your lower back to ease tight stress-induced muscle knots.
- Three back massage programs (upper, mid, lower) ensure you can focus on the area you need treatment on the most.
- The power foot rest makes it child's play to get into the right position easily.
- You can recline a full 170 degrees!
- The deep well foot and calf massage provides a thorough total body stress and pain-relief experience.
- Viscoelastic foam cushions memorize your body contour so the chair fits your body like a glove.
- A digital countdown timer lets you "custom-time" your massage.
- A soft window in the upper part of the chair allows a deep tissue neck massage.
- A single ergonomically-shaped multifunction control unit allows ease of use.
- Plush leather wrapping is virtually maintenance free.
- Two settings, kneading and percussion, give you even deeper tissue massage if you wish.

The HT-125 does what you tell it to. It is like having a 24/7 personal robotic masseuse available at your beck and call, (without the hassle of having to pay wages, health insurance, and having the robot take days off...)

Now, there may be fancier models out there with a lot more bells and whistles but the HT-125 is the device favored by arthritis specialists and chiropractors because of its ease of use. Why spend a lot of money on something that's too confusing and frustrating to use?

And with this offer, you save BIG. Compare our holiday price (\$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!

But this offer is only good from now until December 15th. Better 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.

[Still unconvinced? Come in and take a test drive. Try the chair. See if everything I've told you isn't the gospel truth]. But hurry because after December 15th, these savings are over!

"It's a wonderful chair and unbelievably helpful. If I can sit in the chair for at least 15 minutes, I get relief that lasts about 1 day. It's better than a masseuse because no hands could ever get that deep and do that job as well." --Helen Curtin, Frederick, Maryland

"This chair is fantastic! I sit in this chair every chance I get. I have pain in my leg and the massaging action it delivers to my legs...rejuvenates my legs." Laurence Sharpe, Smithsburg, Maryland

Guidelines for Giving Wisely During the Holidays

California Attorney General Bill Lockyer is urging consumers to show their holiday spirit by donating generously to worthwhile charities, but he cautions donors to be vigilant and protect themselves against potential fraud.

The holidays are a traditional season of giving. Giving generously to charities play a critical role in contributing to our communities and to people who need aid. Plus, many groups rely on the fruits of holiday giving to fund their charitable programs. And, while the majority of charities are reputable and do good work, it is important to avoid being victimized by those who will try to exploit your compassion.

Use the following checklist on how to ensure that your donations are used for the purposes for which they are given. Avoid becoming a victim of fraud.

Don't give in to pressure to donate on the spot. Take the time to become informed about the charity, its programs and how it spends its funds.

Be proactive and learn more about an organization. Identify the causes that you care about and then gather information about organizations working on that issue.

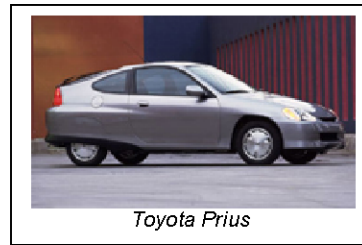
Don't give cash. Write a check and make it out to the organization. Don't make the check out to the person or firm asking for the donation. Dropping change in a bucket is okay, if you are sure you know the charity and that it has sanctioned the solicitation.

Avoid email solicitations. If you get an email that piques your interest, delete it and instead either do a web search for the organization or call them directly.

Be wary about using your credit card. Many reputable organizations offer credit card transactions because it helps keep their fundraising costs down. In order to protect your personal financial information, if you want to donate via credit card, call the organization directly to make the transaction and ask the organization not to store your credit card number. If you want to give through an organization's secured website, call the organization to verify the web address, as well as the security system.

Ask solicitors how your donation will be spent. Ask how much of your donation will be retained by the fundraiser and how much will be received by the charity. State law requires commercial fundraisers to provide that information if asked.

Never accept an offer to send a messenger to your home to pick up your contribution. Those who want to volunteer their time or service, or donate food or other goods to a charity, are encouraged to follow some of the same rules. Find out as much as possible about an organization before agreeing to assist. *Bill Lockyer*



Another Way To Go Green...

The one consumer decision most people make which impacts the greatest on the environment is the choice of car we drive. Hybrid cars offer drivers an

innovative, efficient, and affordable option. After years of 'on the road' development, the new hybrids have become a practical choice for consumers. A hybrid car features a small fuel-efficient gas engine combined with an electric motor that assists the engine when accelerating. The electric motor is powered by batteries that recharge automatically while you drive.

Hybrid cars also gain efficiency from:

- **Smaller and more efficient engines.**
- **Regenerative braking** - the electric motor that drives the hybrid can also slow the car. In this mode, the electric motor acts as a generator and charges the batteries while the car is slowing down.
- **Periodic engine shut off** - when a hybrid car is stopped in traffic, the engine is temporarily shut off. It restarts automatically when put back into gear.
- **Advanced aerodynamics** - to reduce drag
- **Low-rolling resistance (LLR) tires** - narrow, stiffer tires have less drag, and
- **Lightweight materials** - increases the efficiency of hybrid cars.

These gas-electric hybrid cars are now available in North America:

Toyota Highlander Hybrid SUV
Tribute compact SUV
Toyota Camry Hybrid
Lexus 400h Hybrid SUV
Mercury Mariner Hybrid SUV

Honda Accord Hybrid Mazda
Nissan Altima
Ford Escape Hybrid SUV
Honda Civic Hybrid
Toyota Prius



Look What AOC's Cookin' Up...

AOC is creating a summer cookbook that will be available in June 2008. AOC staff and patients are invited to contribute. All proceeds will go to the Arthritis Research Institute (ARI). We will be highlighting some of the special recipes in upcoming

issues of the AOC newsletter.

ARI works to improve the lives of those with arthritis by funding both traditional and conventional research, by providing funding to arthritis patients who are unable to afford their prescribed arthritis treatments, and by providing scholarships for children who have been diagnosed with arthritis.

Recipes will be collected from January through April 2008. Recipes can be emailed to aocmd@aocm.org or mailed. Call 301-624-1164 or check with Sherrie at our check-out desk to get your recipe submission form.

The Law Office of Scott Alan Morrison, P.A. PROTECT YOUR ASSETS!

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:

- ✓ Estate Planning
- ✓ Guardianships
- ✓ Advanced Health Care Directives
- ✓ Powers of Attorney
- ✓ Wills
- ✓ Living Trusts
- ✓ Probate
- ✓ Medicaid Applications

Scott Alan Morrison • Christopher Manners

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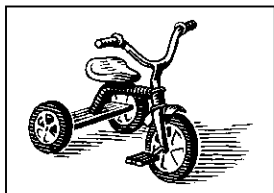
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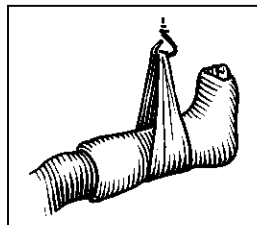
Member of National Academy of Elder Law Attorneys Estate Planning Section
and the Elder Law Section of the Maryland State Bar Association



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 16. Bring your

new unwrapped toy for a boy or girl.

Nolie Rife, an AOC patient recently learned that injured service members in Iraq are recovering from their wounds in just a hospital gown. Rife organized the **Wounded Soldiers Project**, a project that allows our injured service men some dignity while they're recovering. They're collecting donations of new T-shirts, socks, and sweat pants of all sizes, or monetary contributions to purchase these items. AOC supports this project and will be collecting these items beginning now through November 30th. If you would like to contribute to this project, please bring in your donation between 8 am and 4 pm Mon, Tues, Wed, & Friday. To learn more about this project, go to our website calendar of events at www.aocm.org, and learn more about this project.



Five Fun Tips for Fall Fitness

Here are five tips for making fall the most—fit season of all:

1. Seize the moment: Time, or the lack of it, is often cited as the biggest challenge to sustaining an exercise regimen. Your workout doesn't have to take

a lot of time. Even a half hour walking in your neighborhood pays off in increased energy and stamina.

2. Enjoy the year's most beautiful season: Autumn is a season with warm, sunny days, cool evenings and postcard perfect colors. Get outside and enjoy the season by bicycling, walking, hiking, jogging, and playing golf and tennis.

3. Return to your club or gym: It takes 30 days to make fitness a habit. A well-rounded fitness regimen is important. In addition to aerobic activity be sure to take advantage of your club's weight lifting equipment.

4. An apple a day: In many parts of the country, autumn is synonymous with the apple harvest. Apples are rich in antioxidants and flavonoids. Remember that each of us should be getting at least four to five servings of fresh fruit and vegetables every day.

5. Make it social: One of the great things about exercise is that it doesn't need to be done alone. Find a friend with a similar fitness level and goals; having a partner helps you both stay motivated. You can use your exercise time to catch up on each other's lives. Boredom is the number one killer of good health and fitness regimens. Exercising with a friend puts the fun back into your workout.

AOC Patient Turns 101 on Nov. 30th



Myrtle Rice at an AOC event celebrating her 100th birthday.

In 1906 Theodore Roosevelt was president of the United States. 1906 marked the birth of the first radio broadcast, and the cost of a postage stamp was 2 cents. The average annual salary was \$879 and you could buy a car for \$500 and a gallon of gas for 6 cents. Myrtle Rice has come a long way since 1906—when we compare the cost of living from 1906 to 2007.

Myrtle Rice was born on November 30, 1906 and she will be turning 101 this year. She has never thought of herself as old until she was told she would need to use a cane to balance herself just this past year. Mrs. Rice says, "I live life as it comes, I don't look back, and although I don't plan ahead, I do keep moving ahead." When I asked her what was one of the most amazing changes she has seen in the past 100 years she said, "my children!"

Mrs. Rice has lived in Frederick, Maryland all of her life. She grew up on a dairy farm with her parents and four brothers until she married in 1930 at the age of 24. She was married for 47 years. She speaks fondly of her life as a young adult in a very loving family. Her father built their first house for her and her husband where she had three children, 2 girls and 1 boy who passed away in 1989. She is also the proud grandmother of five grandchildren. Mrs. Rice worked at Hood College in the Infirmary and then worked at the Walkersville Sewing Factory where she later retired.

One of the most troubling times in her life was living during the depression when she and her husband could find work for only a few hours each week. She recalls families on a corner with cups in hand—looking for spare change to feed their families. The luxury she found she missed most during this time was fruit. It would more than two years later before they began to experience some of those simple pleasures again.

Currently, Mrs. Rice lives independently in an apartment in Frederick, Maryland. She is the last surviving member of her family. Some of her fondest memories include talking about her life as young child with her two parents and caring for them well into their 80's. She loves dining out with friends and visiting with friends and her two daughters. She is also a member of the women's church circle and attends all of their events. She loves entertainment. More importantly, Mrs. Rice is probably one of the Orioles biggest fans! So, if you need to talk with her... don't call her when the Orioles are playing and don't call her when the *Price Is Right* is on!

Great Appetizers for the Upcoming Holidays that everyone is sure to love!

Sheila's Easy and Sweet Hotdog Snacks

- 1 package of hotdogs
- 1 package (1 lb) of bacon
- 1 ½ cups of dark brown sugar
- 1 package of toothpicks (do not use colored toothpicks)

Preheat oven to 350 degrees. Cut hotdogs into thirds. Cut the pound of bacon in half. Wrap one piece of bacon around the hotdog and anchor with a toothpick. Place prepared hotdogs in a 9x11 casserole dish. Sprinkle brown sugar over the prepared hotdogs coating each hotdog evenly so they are completely covered by brown sugar. You may need more sugar. Bake for 40-45 minutes. Once cooked, remove from casserole dish and place on serving tray.

Serve warm.

The Best Crab Dip

- 1 lb crab meat
- 2 8oz cream cheese
- 1 8oz sour cream
- 4 Tbs mayonnaise
- ½ tsp Worcester sauce
- 1 tsp dry or wet mustard
- ½ tsp of old bay
- 1 8oz shredded cheddar divided in half

Blend all ingredients except for cheddar & crab meat. Fold in crab meat and ½ package of cheddar. Bake in a covered casserole dish at 350 degrees for 30-45 minutes. Add remaining cheese during last 5-10 minutes. Serve warm.

Wei's Corner



As many of you know, our third child, Benji, has arthritis. He was 10 years old when he was diagnosed. Fortunately, he sees an excellent pediatric rheumatologist in New York and now, at age 17, is in complete remission. Benji, who has always loved soccer, has played for and been cut from a couple of club soccer teams. Once, it was related to his arthritis—he wasn't able to keep up anymore. Another time, he simply didn't make it. The competition was too good. Benji doesn't take failure well. His self esteem really takes a hit. As a dad, I know I push him... but I do it knowing that the price of succeeding is to fail first. Here's the paradox of life: in order to succeed, you first must fail. Failure is important because it teaches you what you need to do to eventually succeed. In my life, I have failed many more times than I have succeeded. Did failure feel good? Of course not! Was it necessary? Absolutely! Because, in looking back, I see that it was failure that eventually allowed me to become successful. The important lesson I try to transmit to my kids... and to my patients is this: don't be afraid to try something because you're worried you might fail. The only way to succeed is to fail, get yourself back up on your feet, and try again using the lessons you've learned.

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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.