



## Arthritis Treatment Center Newsletter October 2011

It's not who you are that holds you back, It's who you think you're not! Unknown

### A Coal Miners Daughter

Sandra Pinkerton on September 21, 1942, in a West Virginia coal camp, with her two sisters and a brother. She says, "We were a family with little money. My father knew he had to make the decision to find other work and leave coal mining behind. So, at age 11, my family moved to Washington, DC."

She and her sister attended Banneker Junior High School which at the time was an all-black school. Mrs. Foley recalls, "I was the only white person in my class. This was during the 1950's when integration was not accepted amicably, and we often found ourselves in toxic situations."

At age 14, she had just started 9<sup>th</sup> grade, when she found herself pregnant and gave birth to her daughter, Debra. Because school was such an unhappy place for her, she decided not to return. Instead, she worked as a waitress at Hot Shoppes, a local D.C. restaurant chain. Her parents helped out by babysitting her daughter. She adds, "I worked hard and eventually earned a management position at one of the locations."

Through work, she met her wonderful husband, David Foley, of almost 50 years. They were married in 1962. Mrs. Foley says, "He adopted my daughter and in 1965 we had

a son together, David, Jr." Both her husband and she worked various jobs until her husband was transferred to Florida.

She continues, "In 1973, my father called and said he needed us to come back and help him with a new business. So when we returned to the Washington area, we found ourselves working for a property and investment management company. It was physically demanding, but we continued to work. We both persevered through the good and the bad. Although I had barely a 9<sup>th</sup> grade education, I have learned much through life! I have since earned my GED and attended some classes at Frederick Community College. I'm also an avid reader."

Today, her daughter currently lives in Florida. She has five grandchildren, three great-grandchildren, and she says, "I try to see them as often as possible."

Her brother became a doctor specializing in internal medicine and her sister, who originally studied to become a registered nurse, but is now a malpractice defense attorney. Sadly, her son, David Jr., and one sister have passed away.

Mrs. Foley concludes, "In 1974, I was diagnosed with rheumatoid arthritis. Over the years, I tried the new medicines and biologics as they became available. Although the tough work I endured as a young adult has taken it's toll on my body, I have persevered and my life has been much better than I ever could have imagined. Last year we sold our business and we now enjoy our lives as much as our health will allow."



Nathan Wei and Sandra Foley

## Maple-Roasted Sweet Potatoes

Eating Well

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

12 servings, about ½ cup each

Active Time: 10 minutes

Total Time: 1 hour 10 minutes

### Ingredients

- 2 ½ pounds sweet potatoes, peeled and cut into 1 ½ inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste

### Preparation

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9X13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

### Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

## 12 Tips Your Arborist Won't Tell You

By Michelle Crouch from

[Reader's Digest September 2011](#)

1. **Routinely pruning your trees every three to five years is not necessary**, but it is a good idea to prune a tree with dead wood — especially when the dead branches are more than two inches in diameter.
2. **If you see mushrooms or other fungi growing on your tree**, or if a big limb breaks off during a storm, have the tree inspected before it's too late. Those can both be signs of a bigger problem.
3. **When you get the estimate for the work and you think you're being gouged you, remember this:** A three-man crew probably has more than \$200,000 in equipment on your property. Each man is probably making less than \$20 an hour, and the company has to pay 33 percent in worker compensation, one of the highest rates of any industry. There isn't a very big profit margin.
4. **If you get a high price in May to take a tree down and the job isn't time-sensitive, ask, "What would the winter price be?"** That's a ghost

time for us, especially between Thanksgiving and Christmas, so you're more likely to get a lower estimate.

5. **Ask your "tree expert" if he or she is certified.** Ideally, you want someone who's a member of the American Society of Consulting Arborists, the International Society of Arboriculture, the Tree Care Industry Association, or your local/state arborists' association.
6. **Trees advertised as fast-growing typically are weak-wooded and decay-prone**, and they often have limbs that break off easily in wind and ice.
7. **If someone offers to "top" your tree to make it safer, kick him off your property.** Topping was accepted 45 years ago, but science has since shown that's the worst thing you can do to a tree. Another bad sign: someone who wants to sell you fertilizer without testing your soil first.
8. **Never hire an arborist who uses any kind of climbing spikes, unless he's taking the tree down.** Every time he takes a step, he's making another wound in the tree and creating a decay pocket.
9. **Always get a second opinion if someone tells you a healthy-looking tree needs to come down**, especially if he wants to charge several thousand dollars.
10. **Be wary of people who knock on your door and say they want to trim your tree.** Good arborists don't need to canvas neighborhoods looking for customers.
11. **Here's one thing arborists hate:** when they make a tree really beautiful and you comment on how good the clean up was. That's like telling the barber how well he cleaned the hair up off the floor.
12. **If you pile mulch up against the trunk of the tree** (called a mulch volcano), the moisture can't escape, and the trunk and root can rot more easily. Make sure there's a mulch-free doughnut shape around the base.

## Did You Know...

FunFactZ.com

- that it's impossible to lick your own elbow?
- any month that starts with a Sunday, will always have a Friday 13<sup>th</sup>?
- olive Oil is made only from green olives?
- more than 10 people a year are killed by vending machines?
- men who kiss their wives in the morning live five years longer than those who don't?
- after age 30, the brain shrinks a quarter of a percent (0.25%) in mass each year?
- most of the dust underneath your bed is actually your own dead skin?
- the chances of you dying on the way to get your lottery tickets is greater than your chances of winning?
- tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating?
- more than 40,000 parasites and 250 types of bacteria are exchanged during a typical French kiss?
- according to U.S. FDA standards, one cup of orange juice is allowed to contain ten fruit fly eggs, but only two maggots?

- a lot of lovemaking can unblock a stuffy nose? Sex is a natural antihistamine. It can help combat asthma and hay fever!
- a broken clock is always right twice a day?
- smelling bananas and/or green apples (smelling, not eating) can help you lose weight?
- more Monopoly money is printed in a year, than real money throughout the world?

### What Can I Do About Brittle Nails?

<http://www.wisegeek.com/>

Brittle fingernails are a condition that people of all ages and genders can experience. Fortunately, there are several methods to deal with brittle nails and restore them to a healthy and strong state.

One of the first things to consider if you have brittle nails is your daily routine. People who have their hands in water several times a day are particularly susceptible to problems with fingernails. Even washing dishes by hand several times a day can lead to this condition. The solution is to cover the hands with rubber gloves. These gloves can be purchased at any supermarket or drugstore, and will effectively protect the nails from absorbing large amounts of water during the course of the day. For individuals who perform tasks that require the hands to be in water for extended periods, consider wearing a thin pair of cotton gloves underneath the rubber gloves. The cotton will absorb and perspiration from the hands and prevent the moisture from collecting around the nails.

Poor nutrition can also cause brittle nails. The solution is to include foods in the daily diet that will promote healthy nails. Biotin is an excellent nutrient for promoting the health of nails, and can be found in several vegetables, most notably cauliflower and lentils. Foods with a rich content of Vitamin A, potassium, phosphorus, and niacin are also helpful. Among herbal remedies, horsetail is often considered to be an excellent source of necessary vitamins and minerals to combat brittle nails.

3. Are you open to research?
4. Will you share your ATC experience with others?
5. All new patient consults must be scheduled between 9/1/2011 thru 11/23/2011.

Join the marathon to finish first! What a great way to earn some quick cash for holiday spending—just in time for the Black Friday!!

Currently, we are not able to accept patients who have been diagnosed with lupus, fibromyalgia, or are on disability. In the event of a tie, first place winners will be chosen randomly by a drawing.

## Blue Pain Relief

Hidden away in the vast outback of Australia's aboriginal wild lies the secret origin of Blue Relief Rx. For centuries, the formula for this powerful healing recipe was shrouded in mystery, handed down, generation by generation, but concealed from the outside world. Drawing upon the rejuvenating effects found inside the oils of the rare emu, the ancient Aborigines rendered this amazing restorative formula...



...And as legend has it, the mystical powers of the aloe plant were discovered by ancient shamans in Africa. From this warm, dry climate, aloe was eagerly

carried by traders to other continents where word of its magical abilities to relieve pain spread like wildfire.

The good news for you is that modern medicine has combined these ingredients and improved them. Discover the marvelous relief yourself with this cool blue soothing remedy!

The Introductory Price for this amazing ointment is yours for **\$17.99**. This offer is only available during the month of October. To order, contact us at 301-694-5800.

## ARE YOU THE BIGGEST WINNER?

September 1<sup>st</sup> kicked-off our "**Biggest Winner**" Referral Program. The referral program is looking for patients just like you!

Join in on the fun because the grand prize for the person who brings in the most referrals will win a... **\$1,000.00 Amex Gift Card. Yes, \$1,000 dollars!!!**

Here is what is on our wish list...

1. Are you looking for a doctor who takes the time to listen to your concerns and answer your questions?
2. Is keeping your appointment and following prescribed therapy important to you?

### Need Help Managing Your Arthritis? Receive Free Weekly Arthritis Tips.

**Go to:**

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

Or use your smart phone, download a QR Code Apps (free app), and scan this QR code.



Arthritis Treatment Center  
71 Thomas Johnson Drive  
Frederick, MD 21702  
301-694-5800  
[www.arthritistreatmentcenter.com](http://www.arthritistreatmentcenter.com)

Presorted Std.  
U.S. Postage Paid  
Frederick, MD  
Permit: 343

ADDRESS SERVICE REQUESTED

Green Tea – An analysis of 14 studies showed that cholesterol (both total cholesterol and the bad LDL kind) inches down when people have two or more cups of green tea daily.

Calcium is good, especially for women, who can lose as much as 20% of their bone mass in the decade after menopause. The mineral can help prevent osteoporosis and has also been linked to better blood pressure, lower risk of colorectal cancer, and easier weight loss.

## Wei's World

Over Labor Day weekend, my wife, our youngest child, and I took a trip to Ocean City, New Jersey. This was not a beach vacation. Rather, we made the trip in order to see one of our other children perform at the Ocean City Music Pier.

The Ocean City Music Pier has hosted off

Broadway performances for many years. In fact, according to the plaque on the side of the building, it is more than 100 years old. And the Ocean City Pops Orchestra, which provided the musical accompaniment to the stage performance, has a sterling reputation.

Our second child, Jeffrey, a graduate of New York University's Tisch School of the Arts in musical theater, was making his professional debut in the musical *Cats*. He was cast in the role of Skimbleshanks.

Jeffrey has been acting since the age of two. There was never a doubt in anyone's mind that he was born to perform. Yes... I know I'm his dad, but when he's singing and dancing, he just lights up the stage.



I had not been to Ocean City since I graduated from high school. Ocean City was the place to go for kids in the Philadelphia suburbs back in the 1960's. Back then, it was a sleepy little resort town with a boardwalk. It still has retained much of that "small town" charm. A building ordinance restricts the height of buildings. Nonetheless, it has grown quite a bit since I was last there.

The performance was sold out. And it was fantastic. To the left is a picture of the entire cast. Jeffrey (wearing a vest) can be seen in the center of the picture below.

I can't tell you how proud we were of him. The performing arts is a tough field to go into because the



competition is so fierce. To tweak a quote John McEnroe once said describing tennis players, "Behind every great stage performer... is another great stage performer."

The day after the performance, we were able to see where the cast was housed during their stay and have brunch with Jeffrey before we left to go home. It was a wonderful weekend.