



Arthritis Treatment Center Newsletter September 2011

Happiness often sneaks in through a door you didn't know you left open. John Barrymore

...Still 'Rock'in After All These Years!

Susan Rock, her husband of 43 years, the Rev. Robert Rock, moved to Frederick County from Massachusetts 22 years ago. At that time she was suffering with symptoms of an undiagnosed autoimmune disease. Since previous testing had not clearly identified the condition, her primary care doctor suggested that she see a rheumatologist. She states, "I made my first appointment with Dr. Wei on Valentine's Day, 1990, and my life has drastically improved since that day. It took many office visits, a consult and a muscle biopsy performed at NIH, but with that testing and Dr. Wei's diagnostic skills, I began my ongoing treatment for a condition called dermatomyositis."



Susan Rock on a 2011 Alaskan Cruise

both enjoyable yet challenging over the years. I began as a staff technologist in 1991 and in 1999 became the laboratory manager. Over the years the ATC staff has become like a second family to me."

"Because of the care I continue to receive from Dr. Wei, the quality of my life has improved from those early years of fatigue and pain." Susan and Bob now enjoy traveling, camping, visiting

with family, and various church activities. Since their son, Bill, and his family live in the Orlando, Florida area, and son, Steve, and his family live in northern Maine, they do not get to see the grandsons as often as they would like. Maybe once she retires! "Though I am nearing that point in my life, Dr. Wei reminds me that I cannot retire until he does!"

The story doesn't end there though! Susan is also the current laboratory manager of the Arthritis Treatment Center. As a registered medical technologist, she had been working full time in a hospital laboratory. Dr. Wei recommended she reduce her hours and concentrate on her health. So she left her job with the idea of looking for something part time.

It was an early morning phone call from Dr. Wei that changed everything. His lab was getting busier, and he needed some extra help. "He knew I was looking for a part time position and I met his qualifications. A lunch hour interview on that day, 20 years ago this month, resulted in a position that has been

ARE YOU THE BIGGEST WINNER?

September 1st is the official kick-off to our "**Biggest Winner**" Referral Program. Why? Because we are 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?

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

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

Get in on the marathon to finish first! What a great way to earn some quick cash for holiday spending—right before Black Friday!!

10 Facts about Rain

Infobarrel.com

Let's face it, rain is something that not a lot of us desire. However rain plays a key role in the cycle of returning water back to our earth. So it is obvious that we need rain in order for the world to continue functioning.

1. The umbrella was originally invented to protect people from the hot sun.
2. Rain drops can fall at speeds of about 22 miles an hour.
3. Rain starts off as ice or snow crystals at cloud level.
4. Light rain is classified as being no more than 0.10 inches of rain an hour.
5. Heavy rain is classified as being more than 0.30 inches of rain an hour.
6. Louisiana is the wettest state in the U.S, recording 56 inches of rain annually.
7. Rain drops range in size from 0.02 inches to about .031 inches.
8. Rain drops do not fall in a tear drop shape, they originally fall in the shape of a flat oval.
9. Rain that freezes before it hits the ground is known as frozen rain.
10. Rain is recycled water that evaporated from our world's lakes, rivers, oceans, seas, etc.

Wife's Hearing Problem

Posted By KiranKumar Roy

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem. The doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss.

"Here's what you do," said the doctor, "Stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get response." That evening, the wife was in the kitchen cooking dinner, and he was in the den. He said to himself, "I'm about 40 feet away, let's see what happens."

Then in a normal tone he asked, 'Honey, what's for dinner?'

No response. So the husband moved closer to the

kitchen, about 30 feet from his wife and repeated, "Honey, what's for dinner?" Still no response. Next he moves into the dining room where he is about 20 feet from his wife and asked, "Honey, what's for dinner?" Again he gets no response. So, he walked up to the kitchen door, about 10 feet away. "Honey, what's for dinner?" Again, no response.

So he walked right up behind her. "Honey, what's for dinner?"

"James, for the FIFTH time I've said, CHICKEN!"

Moral of the story: The problem may not be with someone else as we may think. The problem could be very much within ourselves!

Apple cobbler with cinnamon and vanilla, along with a cake-like batter topping.

By Diana Rattray, About.com

Ingredients:

Apple Filling:

- 5 cups tart apples, peeled, sliced
- 3/4 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/4 cup water
- 1 tablespoon butter, softened

Topping:

- 1/2 cup flour, sifted
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons butter, softened
- 1 egg, slightly beaten

Preparation:

In a medium bowl, combine apples, 3/4 cup sugar, 2 tablespoons flour, cinnamon, 1/4 teaspoon salt, vanilla and water. Turn into a lightly buttered 9-inch square pan. Dot apples with 1 tablespoon butter.

Combine all topping ingredients. Beat with wooden spoon until batter is smooth. Drop batter in 9 portions, over the apples, spacing evenly. Batter will spread during baking. Bake 35 to 40 minutes at 375° or until apples are tender and crust is golden brown. Serve warm with cream or ice cream. Serves 6 to 8.

26 Cheap Camping Tips

Saturday, 17th June 2006 (by J.D. Roth)

Backpacking and camping are fun and frugal activities. It costs nothing to take a hike. It costs a bit more to camp overnight, but even that can be done inexpensively. Here is great list of frugal suggestions that were originally posted to the Usenet group rec-scouting on December 1994!

1. Carry several pieces of lumber cut into two-inch squares to summer camp and use these to level platform, tent, and cot.
2. Old shower curtains make great ground tarps.

3. Waterproof matches by dipping them in nail polish or by dipping in melted paraffin.
4. Make fire starters by filling paper condiment cups with saw dust and pouring paraffin into the cup.
5. A length of chain and a piece of coat hanger bent into an S-shape will allow you to hang your lantern from a tree limb.
6. Keep batteries in prescription bottles.
7. To prevent batteries from wearing down if a flashlight is accidentally nudged on while you're traveling, put the flashlight batteries in backwards.
8. To protect your feet from blisters, smear soap on the inside of your inner sock at the heel and underneath the toes. Carry along a bar of soap and, when you feel your feet become tender, give it a try.
9. To keep mosquitoes away rub the inside of an orange peel on face, arms and legs.
10. To remove musty smell from canteen, put three teaspoons of baking soda into the canteen with a bit of water. Swish it around and let sit for an hour, then rinse out the canteen.
11. Save inner cardboard tubes from kitchen and toilet rolls, stuff with waste paper and use as fire-lighters.
12. Use zip-lock bags for mixing foods, be sure it is closed tight and the top is held shut before shaking or kneading.
13. Duct tape can be used to repair most everything on a trip. Use it to patch tents, mend poles, hold up schedules, patch torn shoes, hold poles for mosquito nets to cots, etc.

How to Avoid Twisting Your Joints

Reduce the risk of back pain and injury by following these smart tips.

By Terrie Heinrich Rizzo ~ Arthritistoday.org

Twisting at the waist, especially when bending or carrying something, is a prime cause of back injury. Reduce the risk of injury and pain by making sure your hips, knees and shoulders always move in the same direction.

Here are a few other tips to keep in mind during daily activities, such as:

Getting out of bed

Roll on your side and bend both knees toward your chest in a loose fetal position. Push your upper body into a sitting position, legs over the edge of the bed. Stand up, keeping your back straight.

Loading and unloading

Keep loads small and close to you. Keep a straight back and use your leg muscles to do most of the work. Pivot on your feet to turn around, instead of twisting your upper body.

Shoveling and sweeping

Make sure your feet and the buckle on your belt face your shovel or broom. Keep your feet moving, and stretch with your arms and back.

Many people are already taking dozens of pills. It is costing a small fortune to buy all of those individual supplements. And some people are probably taking far more than necessary of some ingredients and not enough of others. One comprehensive formula may solve this problem.

The Complete Wellness Multiple has all the essential ingredients that you want, blended in one convenient and affordable daily wholefood based formula. Complete Wellness uses fresh, high quality and high potency ingredients, and leaves out the wasteful fillers. No added sugar, no yeast, wheat, rice, corn, silica, artificial flavoring or coloring. Get a quality vitamin and you'll save time and money.

The only missing ingredient is... you!

This 80 ingredient super-supplement formula is known as the Complete Wellness Multiple. This wonderful food based Vitamin/Mineral/Herbal Complex is quickly becoming part of the daily health program for people all across the country. Our family of loyal repeat customers continues to grow.

Complete Wellness Multiple gives your body more nutritional support in a single daily formula than you might find in more than a half dozen different products.

This whole-food-based "super supplement" delivers a high potency spectrum of all essential vitamins and minerals, along with a rich abundance of quality nutrients.

Once you are on these supplements for 30 days you will see why. And when you read the long list of ingredients, you will ask the same question everyone else asks, "How can they fit all of that goodness into one product?" The answer is simple. The formula is made up of high potencies of tonic herbs, nutrient-dense super foods, rich micro-nutrients and top quality essential vitamins and minerals.

It is highly recommended that you take our food based Complete Nutritional Formula "Super Supplement" every single day. Give your body the optimal nutrition it needs to achieve optimal health.

Dr. Wei is so confident that you will find Complete Wellness the best vitamin—so he's giving you a special offer for the month of September.

Buy three months of Complete Wellness and save \$20.00. If you haven't noticed an extra "pep in your step" or difference in your health within three months, we'll refund your purchase 100 percent. Guaranteed!

Regularly \$33.90 X 3 Bottles = \$101.70
Special Offer \$33.90 X 3 Bottles = \$81.70

Save \$20

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ADDRESS SERVICE REQUESTED

Sept. 5th - The office will be closed in honor of Labor Day.

Sept. 28th – Oct. 10th

Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases. No lab visits on Sept. 30th

Effective Oct. 1st, all commercial fees will increase. This excludes Medicare patients

Wei's World

Like most people I have a comfort zone. Sticking with what I know and have experienced is the easy route. But the problem with sticking with the comfortable is that you don't really grow. You only grow if you try new things. So through the years, I've forced myself to try new things even if they didn't necessarily appeal to me. Sometimes I regret it, but often I'm surprised at how much I enjoy the new experiences.

So let me share some examples from this past summer.

The first was a yoga class. I tried yoga once many years ago and it was a disaster. The class was filled with young women wearing spandex getting into positions that would put me in the intensive care unit. So I left the class after only a few minutes.

The thought of doing yoga again was not appealing. Quite frankly, I'm not as flexible as I used to be and seeing those positions always worried me. What if I couldn't get into them... and worse... what if I couldn't get out of them?

But my wife persuaded me to go with her to a Saturday morning yoga class. She said most of the students were older women and there were some men. She promised no one would laugh at me. So rather reluctantly I agreed. And to my

surprise I liked it. In fact, it was one of the most calming yet strenuous workouts I've ever tried. Weird. I'm glad I did it. And I didn't injure one body part.

The second new experience was a vegan restaurant. This didn't turn out quite as well. We have friends who have some food issues so the only restaurant we could agree upon for a brunch was a vegan restaurant. When I got there, I looked at the menu and thought, "Oh no..." Everything was soy this, tofu that. No eggs. No bacon. No sausage. No good stuff. I wound up getting pancakes and fake sausage. Don't get me wrong... I think the food was good. Just not my style. But as I said, sometimes you try new things and they don't work out.

Finally, this past month I celebrated my 62nd birthday. Hard to believe. For my birthday gift, my wife bought a surfing lesson for me. (Now... I had just gotten a new life insurance policy but I don't think there was any connection.) I had always wanted to try surfing but I felt that maybe time had passed me by. Anyhow, I had a blast. In fact, I signed up for another lesson with my son and his friend two days later. Surfing is wonderful. I can't describe the feeling but it's like the first time you ride a bike. All I can say is "Wow!"

So... two out of three. Not bad. And, I survived the vegan food experience.